

BEDTIME ROUTINE

Week of: _____

Pick up toys & clear floor

6:30 PM

Put dirty clothes in hamper

6:45 PM

Bath or Shower

7:00 PM

Put on clean pajamas

7:20 PM

Brush teeth & wash face

7:30 PM

Read a book or story time

7:45 PM

Lights out & Sleep

8:00 PM

Weekly Goal / Reward: _____