

WEEKLY ROUTINE

NAME: _____ WEEK OF: _____

MORNING RITUALS

Make Bed & Tidy Room

M
T
W
T
F
S
S

Healthy Breakfast & Vitamins

M
T
W
T
F
S
S

Personal Hygiene / Brush Teeth

M
T
W
T
F
S
S

DAILY RESPONSIBILITIES

Dishes / Empty Dishwasher

M
T
W
T
F
S
S

Wipe Kitchen Counters

M
T
W

T
F
S
S

Laundry / Fold & Put Away

M
T
W

T
F
S
S

Quick Floor Sweep

M
T
W

T
F
S
S

EVENING WIND DOWN

Put Away Toys / Common Areas

M
T
W

T
F
S
S

Prepare Bags for Tomorrow

M
T
W

T
F
S
S

NOTES:

GOAL/REWARD: