

MY BEDTIME ROUTINE

Complete your tasks to earn your reward!

MON
TUE
WED
THU
FRI
SAT
SUN

- ? Use Toilet
- ? Brush Teeth
- ? Put on PJs
- ? Story Time
- ? In Bed

Daily Goal:

My Reward:

** Use stickers or checkmarks to track progress. Consistent routines help make bedtime easier!*