

BEDTIME HERO CHART

Week of: _____

ROUTINE TASK

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**Homework & Bag
Packed**

Toys Put Away

Quick Shower/Bath

**Teeth Brushed &
Flossed**

Pajamas On

Reading (15 Mins)

Lights Out on Time

DAILY SMALL REWARD

(e.g., Extra 10 mins screen time tomorrow)

WEEKLY BIG REWARD

(e.g., Weekend movie night or outing)