

MORNING ROUTINE

7:00 AM

Wake up & Stretch

7:10 AM

Make Bed

7:20 AM

Brush Teeth & Wash Face

7:35 AM

Get Dressed

7:50 AM

Healthy Breakfast

8:10 AM

Pack Backpack & Lunch

8:20 AM

Shoes on & Out the Door

Daily Reminders / Notes: