



WEEKLY ROUTINE CHART

Bedtime Routine for Kids

Name: _____

Week of: _____

Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Put on pyjamas	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Wash face	☐	☐	☐	☐	☐	☐	☐
 Get into bed	☐	☐	☐	☐	☐	☐	☐