CHECKLIST

Bedtime Routine

TIME	TASK	MON	TUES	WED	THU	FRI	SAT	SUN
7:00 pm	Pack books for school							
7:20 pm	Pick out clothes for tomorrow							
7:40 pm	Have a snack							
8:00 pm	Take a bath							
8:35 pm	Brush teeth							
8:40 pm	Use toilet							
8:50 pm	Say “Goodnight”							
9:00 pm	Get into bed							