



# BEDTIME ROUTINE



THIS IS \_\_\_\_\_'S CHART

|                                 | S | M | T | W | T | F | S |
|---------------------------------|---|---|---|---|---|---|---|
| Take a shower or bath           |   |   |   |   |   |   |   |
| Change into pajamas             |   |   |   |   |   |   |   |
| Brush and floss teeth           |   |   |   |   |   |   |   |
| Turn the lights off             |   |   |   |   |   |   |   |
| Get in bed by _ PM              |   |   |   |   |   |   |   |
| Don't use electronics           |   |   |   |   |   |   |   |
| <b>MY REWARD FOR THIS WEEK:</b> |   |   |   |   |   |   |   |