

Morning Routine For:

<i>Task</i>	<i>Complete by</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Alarm Get up at -----</i>								
<i>Get Dressed</i>								
<i>Eat Breakfast</i>								
<i>Comb Hair</i>								
<i>Brush Teeth</i>								
<i>Shoes on</i>								
<i>Other -----</i>								

Morning Routine For:



<i>Task</i>	<i>Complete by</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>

Evening Routine For:



<i>Task</i>	<i>Complete by</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Dinner</i>								
<i>Home work</i>								
<i>Prepare next day</i>								
<i>Bath or Shower</i>								
<i>Brush Teeth</i>								
<i>Read or relax</i>								
<i>Bed</i>								

Evening Routine For:



<i>Task</i>	<i>Complete by</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>