

Bedtime Routine Chart

Tick each step, every night this week

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pajamas on	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
Wash face and hands	☐	☐	☐	☐	☐	☐	☐
Story time	☐	☐	☐	☐	☐	☐	☐
Lights out, goodnight	☐	☐	☐	☐	☐	☐	☐

Print one a week, or slip it in a plastic sleeve and use a wipe-off marker.