

Bedtime Routine Chart

Name _____

Mark a circle after each step. Same steps, same order, every night.

Bedtime _____

MY ROUTINE	MON	TUE	WED	THU	FRI	SAT	SUN
 Bath or wash up	☐	☐	☐	☐	☐	☐	☐
 Pajamas on	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Potty	☐	☐	☐	☐	☐	☐	☐
 One story	☐	☐	☐	☐	☐	☐	☐
 Hugs and lights out	☐	☐	☐	☐	☐	☐	☐
 _____	☐	☐	☐	☐	☐	☐	☐