Bedtime routine

NAME _____

LIGHTS OUT AT

_____ : _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Tidy up	☐	☐	☐	☐	☐	☐	☐
Bath	☐	☐	☐	☐	☐	☐	☐
PJs on	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
Toilet	☐	☐	☐	☐	☐	☐	☐
Story	☐	☐	☐	☐	☐	☐	☐
Lights out	☐	☐	☐	☐	☐	☐	☐
All done on time	☆	☆	☆	☆	☆	☆	☆

Free to print and share from **readyset.do/printables**

For parents: the same routine runs as a countdown in the **ReadySet** app.