

# DAILY ROUTINE

## MORNING

## EVENING



Go to the toilet

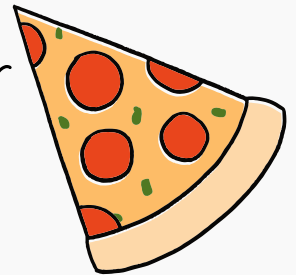


tidy up

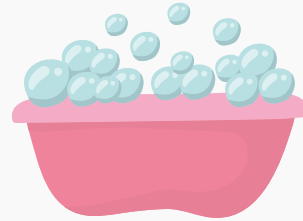
get dressed



eat dinner



brush teeth

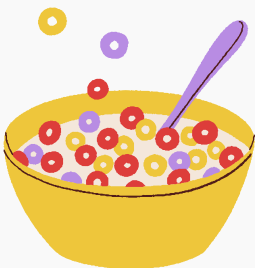


have a bath

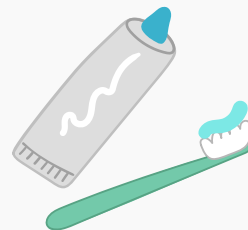
brush hair



put on pyjamas



eat breakfast



brush teeth

pack bag



Go to the toilet



go to school



read a book



# Daily Routine


Week of: \_\_\_\_\_




**Morning**

\_\_\_\_\_ - 12:00


S	T	W	T	F	S	M	Activities
							Eat breakfast



**Afternoon**

12:00 - 17:00

S	T	W	T	F	S	M	Activities
							Eat lunch



**Evening**

17:00 - \_\_\_\_\_

S	T	W	T	F	S	M	Activities
							Eat dinner

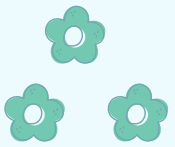


**Reward:**

**Number of ticks to achieve reward:**

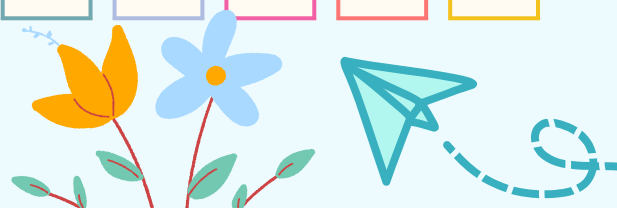


# DAILY ROUTINE



Task	m	t	w	th	f	st	s
Get dressed							
Brush teeth							
Eat breakfast							

You got it 



# DAILY SCHEDULE PLANNER

## Schedule

06.00

07.00

08.00

09.00

10.00

11.00

12.00

13.00

14.00

15.00

16.00

17.00

18.00

19.00

20.00

21.00

Today's Goals 



Notes



# .....'s Monthly Habit Tracker

Drink 6 glasses of water

30+ minutes of exercise

5 a day

Go to bed on time

Help out around the house

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
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- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30
- 31

