

My Bedtime Routine

Check off each step every night this week. Sweet dreams!

Name: _____

Step	M	T	W	T	F	S	S
Tidy up my toys	☐	☐	☐	☐	☐	☐	☐
Take a bath	☐	☐	☐	☐	☐	☐	☐
Put on pajamas	☐	☐	☐	☐	☐	☐	☐
Brush my teeth	☐	☐	☐	☐	☐	☐	☐
Go potty	☐	☐	☐	☐	☐	☐	☐
Pick tomorrow's clothes	☐	☐	☐	☐	☐	☐	☐
Story time	☐	☐	☐	☐	☐	☐	☐
Hugs & lights out	☐	☐	☐	☐	☐	☐	☐