

# PRINTABLE KIDS DAILY

## OUR DAILY ROUTINE

**AM**

**Bathroom:**

- Potty
- Wash hands & face
- Brush teeth
- Comb hair
- Sunscreen

**Make bed**

**Get dressed**

**Put dirty PJs in hamper**

**Eat breakfast**

**Take vitamins**

**Goodbye hugs**

**PM**

**Pick up toys & tidy room**

**Pack backpack**

**Put on PJs**

**Put dirty clothes in hamper**

**Bathroom:**

- Tub time
- Potty
- Wash hands & face
- Brush teeth

**Read for 15 minutes**

**Lights out**

## Daily Schedule

10:00-11:00

11:00-12:0

12:00-1:00

1:00-2:00

2:00-3:00

3:00-3:15

3:15

### Your daily schedule

#### Buttoned Up.™

Stay on top of where you need to be and which tasks absolutely, positively must get done today.

today's date: \_\_\_\_\_

today, i must do:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

12am

today, i must contact:

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

12am

notes

## Daily Schedule

5:00 - 6:00

6:00 - 7:00

7:00 - 8:00

8:00 - 9:00

9:00 - 10:00

10:00 - 11:00

11:00 - 12:00

12:00 - 1:00

1:00 - 2:00

2:00 - 3:00

3:00 - 4:00

4:00 - 5:00

5:00 - 6:00

6:00 - 7:00

7:00 - 8:00

8:00 - 9:00

TODAY'S TOP THREE TO-DOS:

DINNER:

# ROUTINE SCHEDULE