Morning Routine Chart

Week of: _____



My Morning Steps	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Wake up	☐	☐	☐	☐	☐	☐	☐
 Toilet / potty	☐	☐	☐	☐	☐	☐	☐
 Get dressed	☐	☐	☐	☐	☐	☐	☐
 Wash face & hands	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Eat breakfast	☐	☐	☐	☐	☐	☐	☐
 Shoes, coat & bag	☐	☐	☐	☐	☐	☐	☐

Stars this week: ☆ ☆ ☆ ☆ ☆ ☆ ☆

Small Steps Big Progress