

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