MyKidIsBad

CHART

Bedtime Routine Chart

Same steps, same order, every night.

Bedtime step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Tidy up and put toys away	☐	☐	☐	☐	☐	☐	☐
Bath or wash up	☐	☐	☐	☐	☐	☐	☐
Pajamas on	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
Pick tomorrow's clothes	☐	☐	☐	☐	☐	☐	☐
Story or quiet time	☐	☐	☐	☐	☐	☐	☐
Lights out	☐	☐	☐	☐	☐	☐	☐

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