

# DAILY ROUTINE



# DAILY ROUTINE

DAY/DATE: \_\_\_\_\_

MOOD: 😞 😞 😊 😊 😊

| MORNING | S | M | T | W | T | F | S | ACTIVITIES      |
|---------|---|---|---|---|---|---|---|-----------------|
|         |   |   |   |   |   |   |   | Make bed        |
|         |   |   |   |   |   |   |   | Pack School Bag |
|         |   |   |   |   |   |   |   | Have breakfast  |
|         |   |   |   |   |   |   |   | Brush Teeth     |

| AFTERNOON | S | M | T | W | T | F | S | ACTIVITIES  |
|-----------|---|---|---|---|---|---|---|-------------|
|           |   |   |   |   |   |   |   | Eat Lunch   |
|           |   |   |   |   |   |   |   | Do Homework |
|           |   |   |   |   |   |   |   | Snack Time  |
|           |   |   |   |   |   |   |   | Exercise    |

| NIGHT | S | M | T | W | T | F | S | ACTIVITIES      |
|-------|---|---|---|---|---|---|---|-----------------|
|       |   |   |   |   |   |   |   | Have dinner     |
|       |   |   |   |   |   |   |   | Brush my teeth  |
|       |   |   |   |   |   |   |   | Bedtime Prayers |
|       |   |   |   |   |   |   |   | Review Homework |

TODAY IS A NEW DAY, FULL OF POSSIBILITIES!