



My Daily Routine Tracker

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wake up on time	()	()	()	()	()	()	()
Brush teeth	()	()	()	()	()	()	()
Eat breakfast	()	()	()	()	()	()	()
Play outside	()	()	()	()	()	()	()
No screens before bed	()	()	()	()	()	()	()
Read a book	()	()	()	()	()	()	()
Tidy up toys	()	()	()	()	()	()	()

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