

Morning Routine Checklist

Week of: _____

Action Step	Target Times	
	Start	Stop
Alarm	6:15	6:15
Out of Bed	6:30	6:30
Shower	6:35	6:45
Get Ready	6:46	7:05
Eat Breakfast	7:06	7:15
Kids Up & Ready	7:16	7:45
Gather Belongings	7:46	7:51
Leave the House	7:52	7:55