



# MORNING ROUTINE

|              | M | T | W | TH | F | S | SU |
|--------------|---|---|---|----|---|---|----|
| Make my bed. | ✓ | ✓ | ✓ | ✓  |   |   |    |
|              |   |   |   |    |   |   |    |
|              |   |   |   |    |   |   |    |
|              |   |   |   |    |   |   |    |
|              |   |   |   |    |   |   |    |

IF I COMPLETE ALL MY TASKS, I WILL:



# NIGHT ROUTINE

|                 | M | T | W | TH | F | S | SU |
|-----------------|---|---|---|----|---|---|----|
| Brush my teeth. | ✓ | ✓ | ✓ | ✓  |   |   |    |
|                 |   |   |   |    |   |   |    |
|                 |   |   |   |    |   |   |    |
|                 |   |   |   |    |   |   |    |
|                 |   |   |   |    |   |   |    |

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|              |   |   |   |    |   |   |    |
|              |   |   |   |    |   |   |    |
|              |   |   |   |    |   |   |    |
|              |   |   |   |    |   |   |    |

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|                 |   |   |   |    |   |   |    |
|                 |   |   |   |    |   |   |    |
|                 |   |   |   |    |   |   |    |
|                 |   |   |   |    |   |   |    |

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