

Your kid's schedule

Buttoned Up.™



buttoned up®

Routines are by definition second nature—effortless. And if there's one thing you want as a parent, it is to make organizational routines absolutely effortless for your children. Teach them when they are young how to master the fundamental organizational task of planning their day or week ahead of time—and they will thank you for it later. This simple printable schedule is designed to help them build just that planning and organizational “muscle.”

week of: _____

time of day	monday	tuesday	wednesday	thursday	friday
 <p>before school</p>	<p><i>morning routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Get dressed <input type="checkbox"/> Make bed <input type="checkbox"/> Brush teeth <input type="checkbox"/> Get backpack <input type="checkbox"/> <input type="checkbox"/> 	<p><i>morning routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Get dressed <input type="checkbox"/> Make bed <input type="checkbox"/> Brush teeth <input type="checkbox"/> Get backpack <input type="checkbox"/> <input type="checkbox"/> 	<p><i>morning routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Get dressed <input type="checkbox"/> Make bed <input type="checkbox"/> Brush teeth <input type="checkbox"/> Get backpack <input type="checkbox"/> <input type="checkbox"/> 	<p><i>morning routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Get dressed <input type="checkbox"/> Make bed <input type="checkbox"/> Brush teeth <input type="checkbox"/> Get backpack <input type="checkbox"/> <input type="checkbox"/> 	<p><i>morning routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Get dressed <input type="checkbox"/> Make bed <input type="checkbox"/> Brush teeth <input type="checkbox"/> Get backpack <input type="checkbox"/> <input type="checkbox"/>
 <p>at school</p>					
 <p>after school</p>					
 <p>bedtime</p>	<p><i>evening routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Put on PJs <input type="checkbox"/> Place dirty clothes in hamper <input type="checkbox"/> Brush teeth <input type="checkbox"/> Read books <input type="checkbox"/> <input type="checkbox"/> 	<p><i>evening routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Put on PJs <input type="checkbox"/> Place dirty clothes in hamper <input type="checkbox"/> Brush teeth <input type="checkbox"/> Read books <input type="checkbox"/> <input type="checkbox"/> 	<p><i>evening routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Put on PJs <input type="checkbox"/> Place dirty clothes in hamper <input type="checkbox"/> Brush teeth <input type="checkbox"/> Read books <input type="checkbox"/> <input type="checkbox"/> 	<p><i>evening routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Put on PJs <input type="checkbox"/> Place dirty clothes in hamper <input type="checkbox"/> Brush teeth <input type="checkbox"/> Read books <input type="checkbox"/> <input type="checkbox"/> 	<p><i>evening routine</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Put on PJs <input type="checkbox"/> Place dirty clothes in hamper <input type="checkbox"/> Brush teeth <input type="checkbox"/> Read books <input type="checkbox"/> <input type="checkbox"/>