



Morning & Evening Routine Lists

- make your bed
- brush your teeth
- get dressed
- eat
- coffee or tea
- fill up your water
- put in a load of laundry
- take your vitamins
- read your bible
- pray
- check your planner
- make a to-do list
- check email
- plan dinner
- exercise
- wake up children
- feed children
- pack lunches
- get them out the door
- go to work or start your day with your younger children.
- prepare backpacks
- quick clean up after dinner
- bath & pajamas
- snack
- prepare outfits for the next day
- choose shoes and place them by their back pack
- brush teeth.
- go potty
- read
- snuggle
- after kids go to bed, prepare for next morning
- empty the sink
- wipe kitchen counters.
- Sweep floor and vacuum
- Wash your face, face cream, and brush teeth.
- Climb into your made bed
- Limit screen time in bed
- Get 6-8 hours of sleep

