

Morning routine 🌻 🐌 🌸

- ☐ 6:00am- get up
- ☐ 6:05am- actually get up 😴
- ☐ 6:06am- turn on lights and/or open curtains 🪟
- ☐ 6:08am- go to the bathroom 🚽
- ☐ 6:10am- drink some water 💧
- ☐ 6:11am- make bed 🛏
- ☐ 6:16am- get dressed 👖 👕
- ☐ 6:20am- makeup and skincare 🧴 📌
- ☐ 6:25am- do hair 🧑🏻💇
- ☐ 6:30am- make and eat breakfast 🍳
- ☐ 6:50am- brush teeth 🪥
- ☐ 6:53am- put deodorant on 🌸
- ☐ 6:55am- feed cats 🐈
- ☐ 6:57am- fill water bottle 💧
- ☐ 7:00am- check homework 📚
- ☐ 7:10am- pack backpack 🎒
- ☐ 7:15am- put shoes and socks on 👟 🧦
- ☐ 7:20am- get in the car and get to school 🚗

Morning Routine Last 90 Days Setup

Peter J. Buttaro, Emily L. H. Buttaro



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