

# My routine Tracker

Write the time and mark each routine done each day.



## Routine

M	T	W	T	F	S	S
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- Make your bed
- Brush your teeth
- Take a shower
- Get dressed
- Eat breakfast
- Pack your backpack or school bag
- Play outside for 30 minutes
- Help with dinner preparation
- Brush your teeth before bed
- Read for 20 minutes before sleep.

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