Morning Routine

WAKE UP _____ : _____ LEAVE BY _____ : _____

1 Write the steps in order, from waking up to leaving.

2 Guess the minutes for each step.

3 Add each step's minutes to get the next clock time.

4 Check the last clock time against Leave by.

DONE	STEP	MINUTES	CLOCK starts at
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:

→ LEAVE THE HOUSE : _____

ROUTINE TOTAL _____ min

Last clock time later than Leave by? Cut a step or start earlier.

Evening Routine

START ____ : ____ LIGHTS OUT ____ : ____

1 Write the steps in order, from the evening start to lights out.

2 Guess the minutes for each step.

3 Add each step's minutes to get the next clock time.

4 Check the last clock time against Lights out.

DONE	STEP	MINUTES	CLOCK starts at
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:
☐		min	:

→ LIGHTS OUT :

ROUTINE TOTAL _____ min

Last clock time later than Lights out? Cut a step or start earlier.