Routine Card Planner

Start small. Put cards where the task happens. Point, don't repeat.

1 Our tricky time

- ☐ Waking up
- ☐ Getting dressed
- ☐ Out the door
- ☐ After school
- ☐ Bedtime
- ☐ Other: _____

2 Our 3 cards

Card 1: _____

Goes: _____

Card 2: _____

Goes: _____

Card 3: _____

Goes: _____

3 How my child marks done

- ☐ Points to the card
- ☐ Moves it to "done"
- ☐ Flips it over
- ☐ Ticks a box
- ☐ We start it together
- ☐ Other: _____

After one week, what helped? _____

What will we change? _____