PERSONAL CARE AND ROUTINES · DEVELOPING: IDENTIFY A HELPFUL EVERYDAY ROUTINE STEP

Build a Ready-to-Go Routine

Name _____ Date _____

Read each time of day. Write or say the helpful routine step.



Before breakfast

1. What can help? _____



Before leaving home

2. What can help? _____



After using the restroom

3. What can help? _____



Before bed

4. What can help? _____



After a workout

5. What can help? _____



Before a community class

6. What can help? _____