# Morning routine timer

For one week, write the clock time as each step of the morning finishes, to find the one step that eats the most time.

1. Put a morning picture schedule at eye level. The free picture schedule works.
2. Do the hard parts the night before: clothes laid out, bag packed by the door.
3. Write the time as each step finishes. Praise each step, not just the finish.
4. After a week, circle the step that takes longest most days. Fix that one first.

Child (first name or initials) _____ Out-the-door time we want _____ Done the night before _____

| Step | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Wake up | | | | | | | |
| Bathroom | | | | | | | |
| Dressed | | | | | | | |
| Breakfast | | | | | | | |
| Teeth | | | | | | | |
| Shoes and jacket | | | | | | | |
| Bag | | | | | | | |
| Out the door | | | | | | | |
| | | | | | | | |
| | | | | | | | |

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