

FAMILYDECODE · FREE PRINTABLE

Daily Routine Printable

A calm, predictable day — build the routine together and let the chart do the reminding.

- Morning, afternoon & evening blocks
- Draw or write each step
- Tick it off as you go

Our Daily Routine

Write or draw the steps in each part of the day, then tick them off.

Morning

Wake up, dressed, breakfast, teeth, ready

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Afternoon

Lunch, play, quiet time, activities

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Evening

Dinner, bath, pyjamas, story, sleep

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FAMILYDECODE

You've got this.

This is one of 30+ free FamilyDecode printables made to take one hard family moment and make it a little easier.



- Routine & bedtime charts
- Feelings & calm-down tools
- Chore charts by age
- Milestone & potty trackers
- Travel checklists & activity packs

GET THEM ALL — FREE

familydecode.com/free-printables

Pick the ones your family needs — we'll email them to you. No daily spam, ever.