



Routine Consistency Tracker

A simple weekly worksheet for monitoring whether key routines are being used consistently.

Week Of: _____

Setting: _____

Weekly Routine Check

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning Routine Prepare for the day	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N
After-School Reset Decompress and regulate	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N
Evening Wind-Down Slow the body and environment	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N	<input type="radio"/> Y/ <input type="radio"/> N

Weekly Notes

How to Use

- Mark yes/no for each day
- Use notes for barriers or wins
- Look for routines that need more consistency
- Small improvement counts

Consistency over time is more important than perfection on any single day.