

Getting Ready Timer Sheet

Routine & Structure



Start time: _____ Finish by: _____ Total: _____
minutes

1

Get dressed

min

2

Eat breakfast

min

3

Brush teeth

min

4

Brush hair

min

5

Put on shoes

min

6

Pack backpack

min

Parent tip: set a visible kitchen timer or phone alarm for each step instead of just the whole routine -- short countdowns are easier for an ADHD brain to track than one big block of time.

If a step runs long, let your child finish it and adjust the next timer rather than rushing or skipping ahead.