

Daily Discipline & Motivation Planner

Instructions: Use this planner daily to set expectations, establish routines, and track your child's progress. Fill out one for each child or for the whole family. Leave room for flexibility while maintaining clear goals.

Child's Name: _____

Date: _____

Morning Routine:

Wake-up time: _____

Breakfast: _____

School start time: _____

Goals for the Day:

Academic Focus (e.g., math, reading): _____

Life Skills (e.g., chores, teamwork): _____

Character Development (e.g., patience, sharing): _____

Positive Reinforcements:

Morning reward: _____

Afternoon reward: _____

Evening reward: _____

Boundaries & Expectations:

Non-negotiable rules for today:

1 _____

2 _____

Consequences for not following rules:

1 _____

2 _____

Afternoon Reset:

Snack break: _____

Physical activity (e.g., play, exercise): _____

Restart schoolwork time: _____

End-of-Day Reflection:

What went well today?

What needs improvement?

Parent's Note:
