

| | wake up | morning play | lunch time | afternoon play | dinner time | bed time |
|--|---------|--------------|------------|----------------|-------------|----------|
| I sat on the potty for a while | | | | | | |
| I pushed my pants down by myself | | | | | | |
| I wore my pants and trousers without a nappy | | | | | | |
| I did a wee in the potty | | | | | | |
| I flushed and washed my hands | | | | | | |
| I did a poo in the potty | | | | | | |