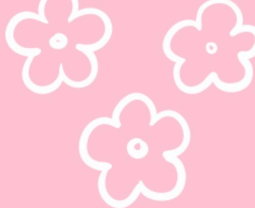




# BEDTIME CHECKLIST

To-do's before sleeping



	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Set up for tomorrow.							
15 minutes around the house.							
Set out clothes and check calendar.							
Get clean and comfy.							
Reflect.							

This week's points:

Reward: