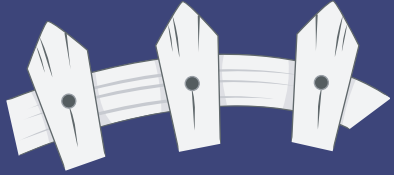




MY BEDTIME CHART



Name: _____ Age: _____ Week: _____



	SUN	MON	TUE	WED	THU	FRI	SAT
Brush teeth.	★	★	★	★	★	★	★
Wash face.	★	★	★	★	★	★	★
Read a book.	★	★	★	★	★	★	★
Lights out.	★	★	★	★	★	★	★
Stay in bed until morning.	★	★	★	★	★	★	★

REWARD FOR THE WEEK:

