

MY HOMEWORK CHECKLIST

SUBJECT	Mon	Tues	Wed	Thu	Fri
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MY SLEEP ROUTINE

MY REGULAR
BEDTIME
HOUR:

- PREPARE HOMEWORK & BACKPACK
- PREPARE CLOTHES FOR THE NEXT DAY
- WRITE IN A JOURNAL
- GO TO BATHROOM (TAKE A SHOWER)
- BRUSH TEETH
- PUT ON PJ'S
- DIM LIGHTS
- READ A BOOK
- BREATHE DEEPLY
- TURN OFF LIGHTS

MY REWARD FOR
DOING IT ALL: