

BEDTIME ROUTINE

Week of: _____ Target Lights Out: 10:30 PM

TIME	HABIT / ACTIVITY	M	T	W	T	F	S	S
20:00	Digital Sunset (Devices Off)							
20:30	Prepare Environment (Dim Lights/Temp)							
21:00	Hygiene (Skin/Teeth)							
21:30	Reflection / Journaling							
22:00	Light Reading (Physical Book)							

WEEKLY OBSERVATIONS