



TODAY IS...

MONDAY

BIG DREAM

GET 8 HOURS OF Deep Sleep

TINY GOAL FOR TODAY

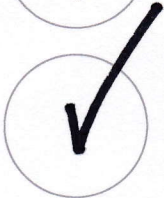


TURN OFF ALL DIGITAL  
DEVICES BY 8 pm.

EXTRA CREDIT



STRETCH FOR 3 MINUTES  
BEFORE BEDTIME.



LISTEN TO CALMING MUSIC  
FOR 3 MINUTES BEFORE BEDTIME.

YOU'RE DOING A GREAT JOB!