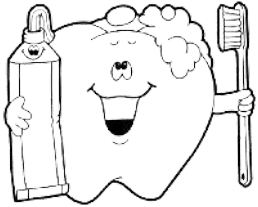


# My Bedtime Chart

Bedtime routine



Sunday

Monday

Tuesday

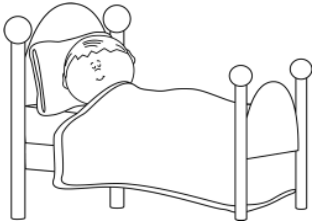
Wednesday

Thursday

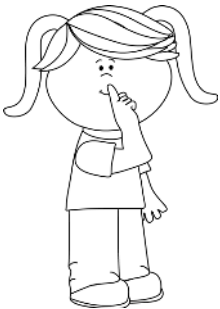
Friday

Saturday

Sleep in bed all night



Stay quiet all night



Stay in bed until morning

