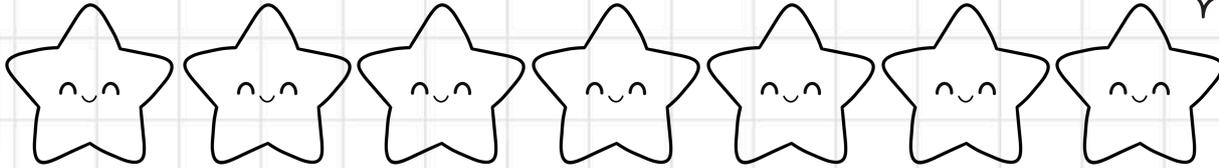




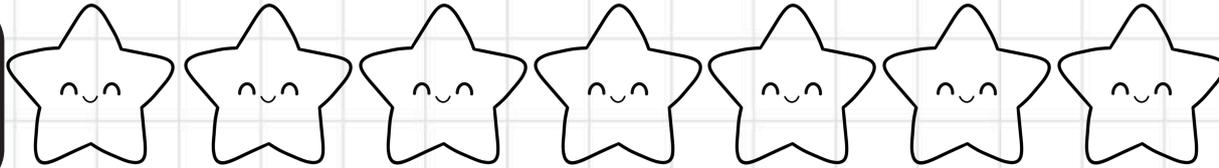
# SLEEP TRACKER

MY TASKS MON TUE WED THU FRI SAT SUN

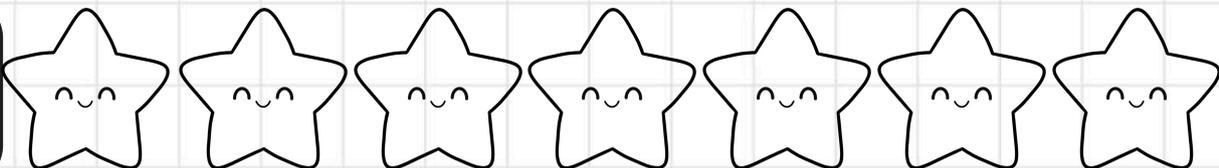
I went to bed at....



I woke up at....



I got  
.....  
hours sleep



Screen time stopped at  
.....



How do you feel after a good nights sleep?

What did you do instead of screen time?

How are you going to keep up your fabulous sleep routine?

0002