

Bedtime & Wake-Up Goals --- Week of \_\_\_\_\_

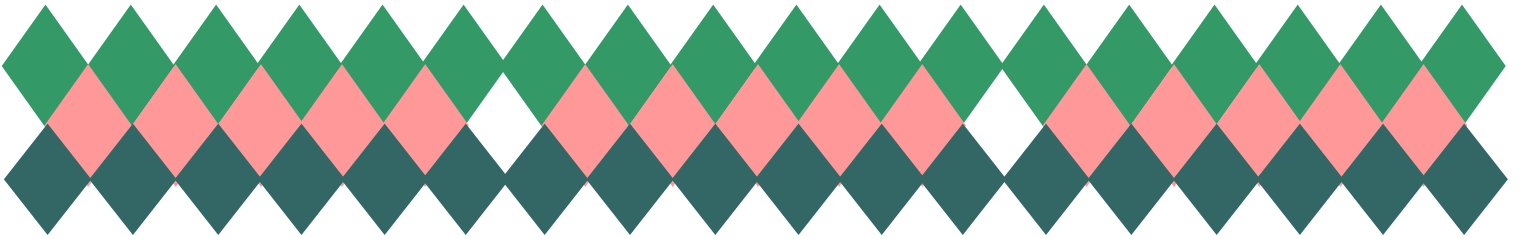
Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Wake-Up Goal

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Bedtime Goal

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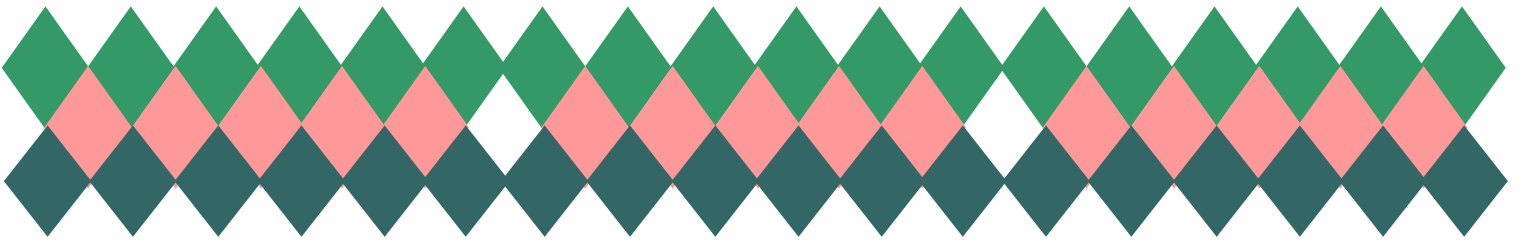
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