

BINGO

SLEEP

NO
ELECTRONICS
IN BED

EXERCISE 30
MINUTES
TODAY

WENT TO BED
AT SAME TIME
AS YESTERDAY

DID PRE-BED
ROUTINE

SPENT TIME
OUTDOORS
TODAY

SPENT TIME
OUTDOORS
TODAY

LIMITED
CAFFEINE
TODAY

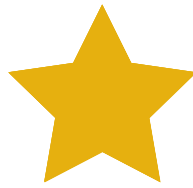
MADE SURE
BEDROOM IS
BETWEEN 60-
67 DEGREES

NO
ELECTRONICS
IN BED

PRACTICED
STRESS
MANAGEMENT
TECHNIQUES
TODAY

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TODAY

MADE SURE
BEDROOM IS
DARK

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