

My Bedtime Plan

1 CURRENT HABITS

What do you do in the 1-2 hours before you go to bed?

- Things you do for yourself and others in your house
- Personal hygiene
- Prep for the next day
- Snacks & beverages

2 NEW BEDTIME ROUTINE

Include current habits you want to keep and anything new you want to try. Be realistic and kind to yourself.

3 MY ONE NEW THING

Making many changes all at once can be tough. Choose one change you would like to make first. Circle it on your routine above, or write it here.