

Week 1

	pm				midnight		am				noon				pm
	6	8	10	12	2	4	6	8	10	12	2	4	6		
ACTIVITIES															
	LIGHTS OUT _____ am pm							TOTAL SLEEP TIME _____ hrs							

	pm				midnight		am				noon				pm
	6	8	10	12	2	4	6	8	10	12	2	4	6		
ACTIVITIES															
	LIGHTS OUT _____ am pm							TOTAL SLEEP TIME _____ hrs							

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ACTIVITIES															
	LIGHTS OUT _____ am pm							TOTAL SLEEP TIME _____ hrs							

Any Comments

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