



# READY FOR BED!

## Sleepyhead checklist

|                     | MON | TUE | WED | THU | FRI |
|---------------------|-----|-----|-----|-----|-----|
| Take a bath         | ★   | ★   | ★   | ★   | ★   |
| Wear pajamas        | ★   | ★   | ★   | ★   | ★   |
| Brush my teeth      | ★   | ★   | ★   | ★   | ★   |
| Turn off the lights | ★   | ★   | ★   | ★   | ★   |

My reward for the week: