

Habit #3: RELAX PRIOR TO GOING TO BED

My Nightly Goal: To start relaxing 1-2 hours before bed

If you have A LOT of trouble falling asleep, stick to 2 hours. Moderate trouble? Start with 1 hour!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

INSTRUCTIONS: Fill in the dates based on your start date. Add a checkmark to the box when you reach your nightly goal! You got this! If you don't reach your goal today, don't worry! Just add an "X" to the box and remember! Tomorrow is a new chance to reach your goal!