

BEDTIME CHECKLIST BEFORE SLEEPING



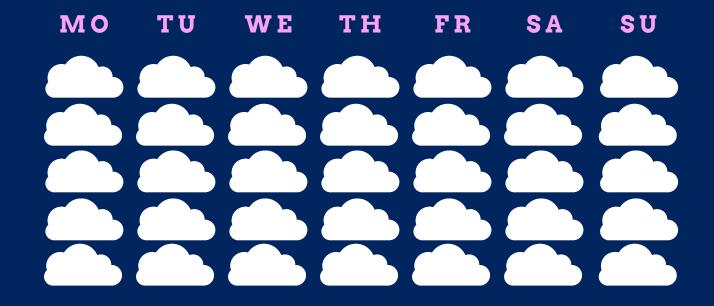
Turn off the TV by 7 p.m.

Read my bedtime story

Brush teeth

Put on pajamas

Say Prayer



TOTAL POINTS:

