

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



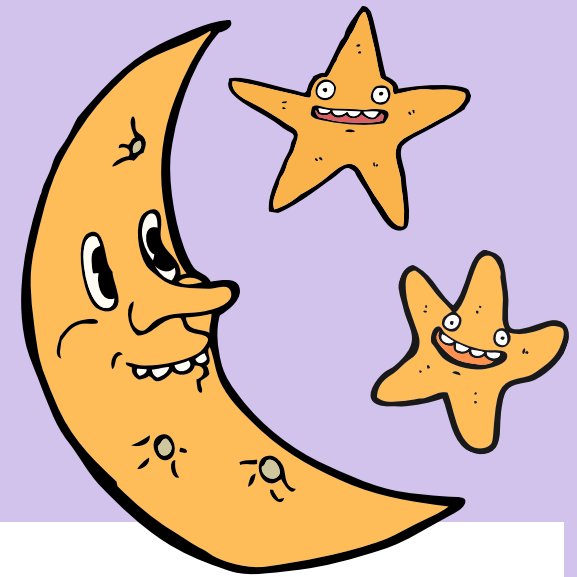
THURSDAY



FRIDAY



SATURDAY



STEPS TO A RESTFUL NIGHT!

1. Brush teeth.
2. Wash face.
3. Read a bedtime story.
4. Kiss parents goodnight.
5. Close eyes and think happy thoughts.

My Reward is: