

Bedtime procrastination

Try going to bed 5 minutes earlier every day. Start with where you are now. Then set the time 5 minutes earlier each day until you are happy with your bedtime.

If columns 2 and 3 match, you get a reward!

Date:

Time I went to bed:

Date:	Bedtime:	Time I went to bed:	Reward:
Date:	Bedtime:	Time I went to bed:	Reward:
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