My Bedtime Routine

Draw or write the steps you follow before bedtime each night.
Try to do your bedtime routine at the same time every night to help your body rest well!



1.

2.

3.

4.

5.

Rest helps your body grow and your brain glow!

Bedtime Tracker



Each night you complete your bedtime routine, color in a circle!

Try to complete your bedtime routine as many nights as you can this month!

S	M	T	W	T	F	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Give your filled out tracker to Nurse Sam
by Oct. 1st for a prize!