



## BEDTIME STAR CHART

LET YOUR CHILD STICK A STAR  
ON THEIR BEDTIME CHART  
EVERY NIGHT WHEN THEY  
COMPLETE ALL 4 STEPS



# MY BEDTIME CHART

	M	T	W	T	F	S	S
PUT ON PYJAMAS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BRUSH TEETH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 BEDTIME STORY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
KISS AND HUG GOODNIGHT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOW I'M READY FOR BED!	★	★	★	★	★	★	★