WEEK OF _____

Wind down, *same time every night.*

Same steps, same order, started by something you already do every evening, and lights out at the same time, weekends included.

I THE ANCHOR WHAT THE ROUTINE STARTS AFTER

After I _____

SCREENS OFF _____ LIGHTS OUT _____

II THE STEPS IN ORDER, A RING EACH NIGHT

	STEP	MIN	M	T	W	T	F	S	S
1			○	○	○	○	○	○	○
2			○	○	○	○	○	○	○
3			○	○	○	○	○	○	○
4			○	○	○	○	○	○	○
5			○	○	○	○	○	○	○
6			○	○	○	○	○	○	○
7			○	○	○	○	○	○	○
8			○	○	○	○	○	○	○

III THE SHORT VERSION FOR LATE NIGHTS

_____ _____

Keep the first step and lights out. Everything between is optional tonight.

Plannedo

WEEK OF _____

End the day *in two lines.*

Two minutes before screens off: one line about today and the first thing tomorrow. In the morning, add when the lights really went out.

	ONE LINE ABOUT TODAY	TOMORROW, START WITH	LIGHTS OUT
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			