

# Weekly Routine & Plan

Each circle is one point. The more committed to your weekly night routine, the more points you will get. If you check off 5 circles, you had an optimal sleep of 7-9 hours without waking up during the night.

**Tally:**

Night	
Mon.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Tues.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wed.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Thurs.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fri.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sat.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sun.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Other Goals	
Exercise	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Social	<input type="checkbox"/> <input type="checkbox"/>
Artistic	<input type="checkbox"/> <input type="checkbox"/>
Educational	<input type="checkbox"/> <input type="checkbox"/>
Personal	<input type="checkbox"/> <input type="checkbox"/>

**Reward for \_\_\_\_\_ Month(s):**

---



---

# Other Goals:

## Legend:



**Colour** in this legend or add symbols for routine items.

Be sure to add the colours & symbols to the main page!

Try to be as Specific, Measurable, Attainable, Realistic and Timely (SMART) as possible!

On free days, instead of "work" or "school" take a look at your other goals!



**Pro tip:** Put this paper in a sheet protector, use a whiteboard marker to keep track of your days and a clipboard/pushpin to hold it up!