

# TIME FOR BED

GOAL

9

Aim for 9 hours of sleep per night

To learn more about the 9-5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

## ACTIVITY: WHAT DO YOU NEED TO DO BEFORE BED?

Write in the steps under "To Do" and check off each night you complete it!

## MY BEDTIME ROUTINE CHECKLIST



TO DO	S	M	T	W	T	F	S
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★

