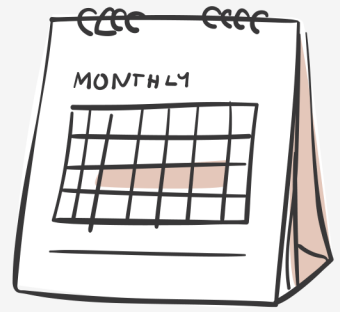




# BEDTIME Planner



The book I am reading:

NUMBER OF  
PAGES READ

## BEDTIME CHECKLIST

## my moods

ANXIOUS

SAD

CALM

HAPPY

