Name:	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Tidy bedroom							
Brush teeth	am pm	am pm	am pm	am pm	am pm	am pm	am pm
Healthy eating choices							
Reading time							
Homework							
Bath/shower time	000	000	000	000	000	000	000
Stay hydrated	O	0	O	0	O	0	0
Bedtime	*(*	*(*	*(*	*(*	*(*	*(*	* (*
	*	\Rightarrow	*	$\stackrel{\wedge}{\sim}$	\Rightarrow	\$	$\stackrel{\wedge}{\sim}$
	\Rightarrow	Δ	\Rightarrow	$\stackrel{\wedge}{\sim}$	$\stackrel{\wedge}{\sim}$	\Rightarrow	\Rightarrow

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