

BEDTIME CHART for the MONTH of _____

SUN	MON	TUE	WED	THU	FRI	SAT
[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3
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[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3	[] ___ Strike 1 ___ Strike 2 ___ Strike 3
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NORMAL BEDTIME IS AT _____ PM ON WEEKNIGHTS, _____ PM ON WEEKENDS*

0 STRIKES FOR THE NIGHT

<ul style="list-style-type: none"> • Extra 15 minutes <i>later</i> bedtime tomorrow • Privilege 1: _____ • Privilege 2: _____ 	<p align="center">3 STRIKES FOR THE NIGHT</p> <ul style="list-style-type: none"> • 30 minutes <i>earlier</i> bedtime tomorrow • Restriction 1: _____ • Restriction 2: _____
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1-2 STRIKES FOR THE NIGHT =
Normal bedtime / No extra privileges / No restrictions

To do before bedtime:	Ideas for extra privileges:	Ideas for restrictions:
<ul style="list-style-type: none"> <input type="checkbox"/> Put on pajamas/ night clothes <input type="checkbox"/> Brush teeth <input type="checkbox"/> Get a drink / snack <input type="checkbox"/> Last request <input type="checkbox"/> Set out clothes for next day <input type="checkbox"/> _____ 	<ul style="list-style-type: none"> <input type="checkbox"/> Special game with mom/dad <input type="checkbox"/> Special snack or treat before bed <input type="checkbox"/> Extra time on computer <input type="checkbox"/> Extra video game time <input type="checkbox"/> No chore for the day <input type="checkbox"/> _____ 	<ul style="list-style-type: none"> <input type="checkbox"/> No computer privileges <input type="checkbox"/> No having friends over <input type="checkbox"/> Extra chore for the day <input type="checkbox"/> Restricted TV time (less time) <input type="checkbox"/> No special treats/snacks all day <input type="checkbox"/> _____