

**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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**NORMAL BEDTIME IS AT \_\_\_\_\_ PM ON WEEKNIGHTS, \_\_\_\_\_ PM ON WEEKENDS\***

**0 STRIKES FOR THE NIGHT**

<ul style="list-style-type: none"> <li>• Extra 15 minutes <i>later</i> bedtime tomorrow</li> <li>• Privilege 1: _____</li> <li>• Privilege 2: _____</li> </ul>	<ul style="list-style-type: none"> <li>• 30 minutes <i>earlier</i> bedtime tomorrow</li> <li>• Restriction 1: _____</li> <li>• Restriction 2: _____</li> </ul>
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**3 STRIKES FOR THE NIGHT**

**1-2 STRIKES FOR THE NIGHT =**

Normal bedtime / No extra privileges / No restrictions

To do before bedtime:	Ideas for extra privileges:	Ideas for restrictions:
<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"/> _____	<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"/> _____	<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"/> _____