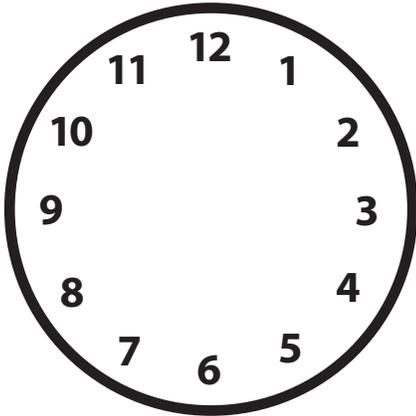
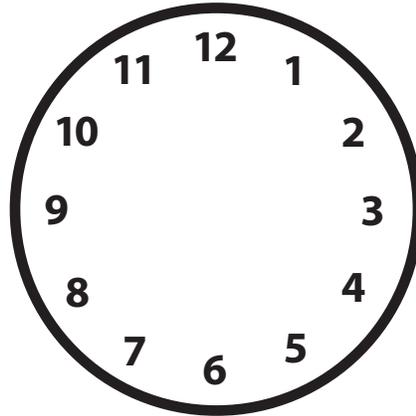


My Building Blocks' Sleep Diary

MONDAY



Last night, I went to bed.



I woke up.

I slept _____ hours.



I want to go back to bed.

I'm ok, but a little bit tired.

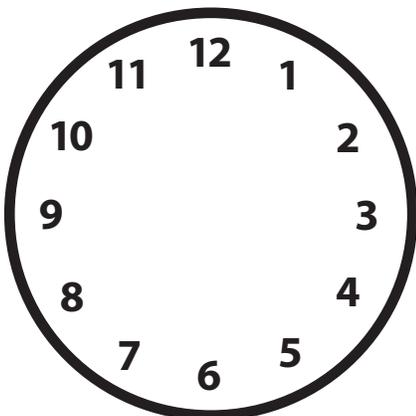
I'm awake and ready to go.

1 - - - - - 2 - - - - - 3 - - - - - 4 - - - - - 5

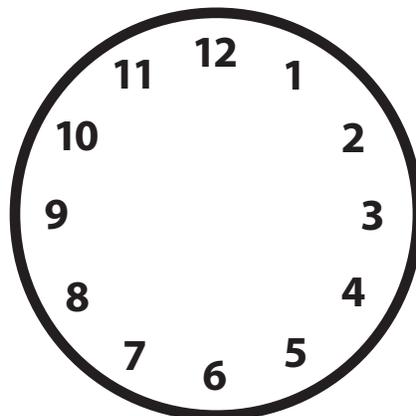
The Feel Good Line



TUESDAY



Last night, I went to bed.



I woke up.

I slept _____ hours.



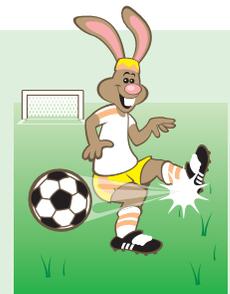
I want to go back to bed.

I'm ok, but a little bit tired.

I'm awake and ready to go.

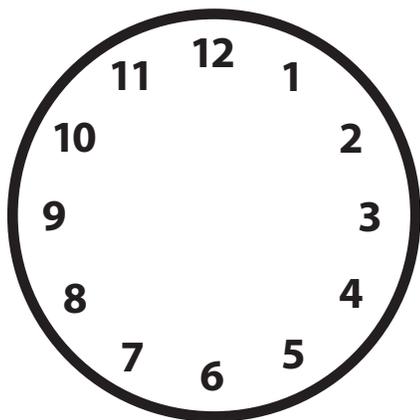
1 - - - - - 2 - - - - - 3 - - - - - 4 - - - - - 5

The Feel Good Line

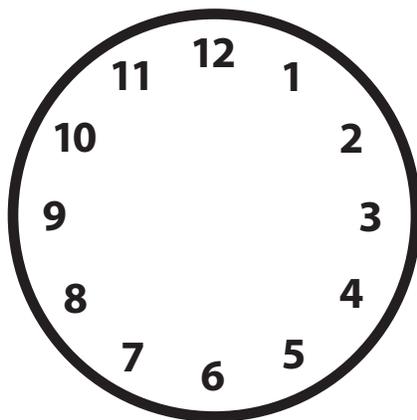


My Building Blocks' Sleep Diary

WEDNESDAY



Last night, I went to bed.



I woke up.

I slept _____ hours.



I want to go back to bed.

I'm ok, but a little bit tired.

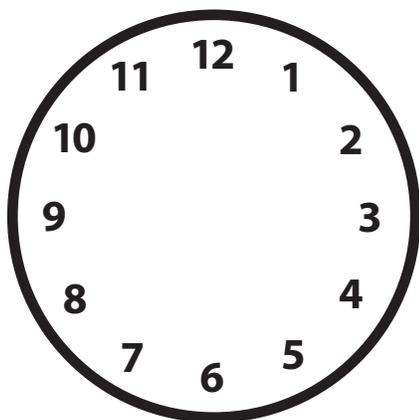
I'm awake and ready to go.



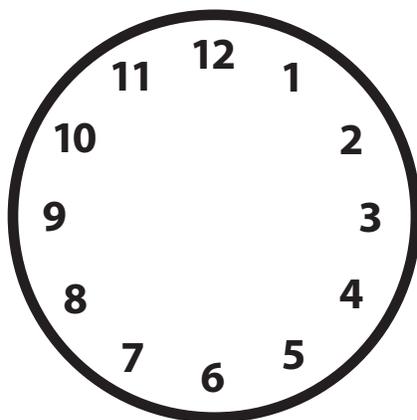
1 ----- 2 ----- 3 ----- 4 ----- 5

The Feel Good Line

THURSDAY



Last night, I went to bed.



I woke up.

I slept _____ hours.



I want to go back to bed.

I'm ok, but a little bit tired.

I'm awake and ready to go.

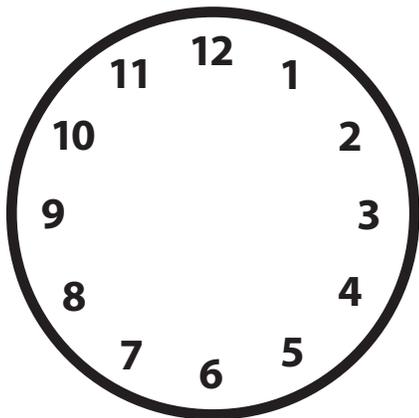


1 ----- 2 ----- 3 ----- 4 ----- 5

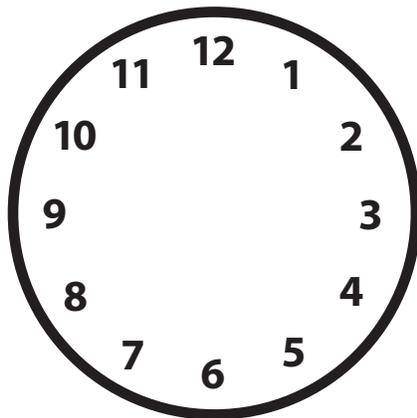
The Feel Good Line

My Building Blocks' Sleep Diary

FRIDAY



Last night, I went to bed.



I woke up.

I slept _____ hours.



I want to go back to bed.

I'm ok, but a little bit tired.

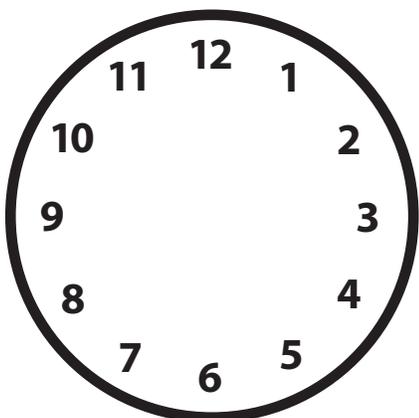
I'm awake and ready to go.



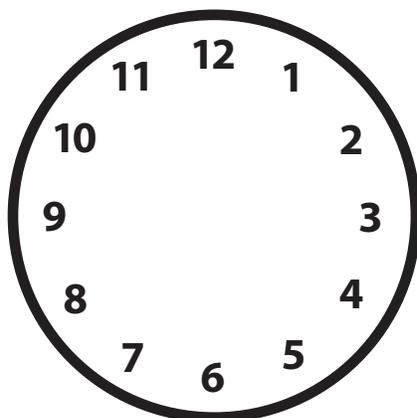
1 ----- 2 ----- 3 ----- 4 ----- 5

The Feel Good Line

SATURDAY



Last night, I went to bed.



I woke up.

I slept _____ hours.



I want to go back to bed.

I'm ok, but a little bit tired.

I'm awake and ready to go.

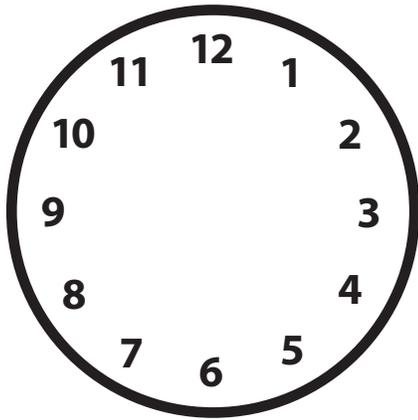


1 ----- 2 ----- 3 ----- 4 ----- 5

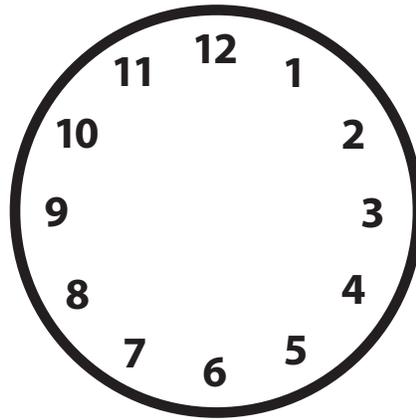
The Feel Good Line

My Building Blocks' Sleep Diary

SUNDAY



Last night, I went to bed.



I woke up.

I slept _____ hours.



I want to go back to bed.

I'm ok, but a little bit tired.

I'm awake and ready to go.

1 - - - - - 2 - - - - - 3 - - - - - 4 - - - - - 5

The Feel Good Line

