

1 week challenge sheet Think about your goals for your lifestyle and digital devices!

() Yr () Class () No. ()

Think of your lifestyle goals!

1. Sleeping time (Usual :) ⇒ (Goal :)



2. Waking up time (:) ⇒ (:)



3. What are your goals?



- (Example) • Do exercise for 1 hour or more in one day • Don't eat night snacks
• Do not do strenuous exercise before bed • No naps in the evening

Let's write one goal for your lifestyle so that you can get a good night's sleep!

Think about rules for digital devices!

4. What kind of rules will you set? (Circle the device of your target.)

- TV • Games • Smartphone • Tablet • PC



5. How do you want to use your chosen digital device?

- (Example) • Do not watch TV after 8pm • Do not use a tablet in the bedroom
• Do not look at smartphone screen in the hour before bedtime



Let's write a rule for your digital devices so that you can get a good night's sleep!

Challenge the goals and rules you have set for one week!



Date		E.g. 4/1	/	/	/	/	/	/	/	Points I noticed and thoughts
Day		(Sat)	()	()	()	()	()	()	()	
Goal/Rule	Bedtime (:)	○								
	Wake up time (:)	×								
	Lifestyle	○								
	Digital device	○								
Comments from family members										