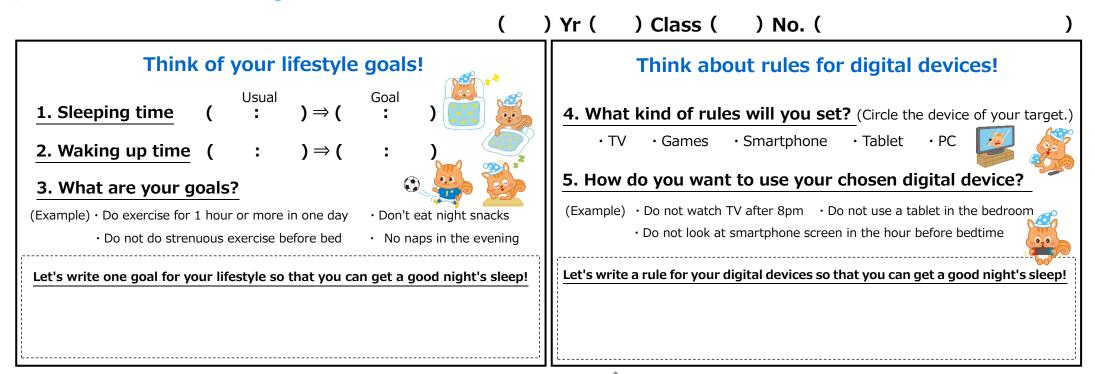
## Think about your goals for your lifestyle and digital devices!



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

Date	Put in planned	E.g. 4/1	/	/	/	/	/	/	/	Points I noticed and thoughts
Day	Put in planned target time	(Sat)	( )	( )	( )	( )	( )	()	()	
Goal/Rule	Bedtime ( : )	0								
	Wake up time(: )	×								
	Lifestyle	0								
	Digital device	0								
Comments from family members										