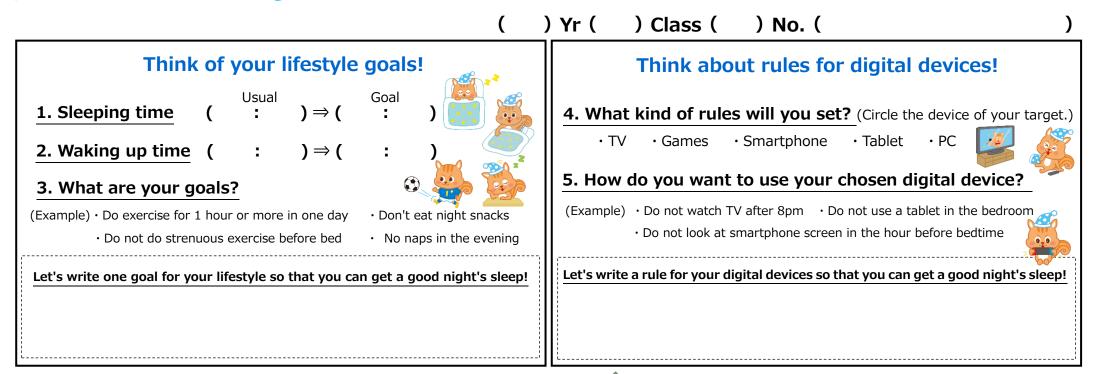
Think about your goals for your lifestyle and digital devices!



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										