

name:	<ol> <li>Fill in the date and day of the week. (ex: 4/17/2017)</li> <li>Draw an arrow down to show time in bed. (ex: ↓)</li> </ol>									<ul> <li>3. Shade in blocks for when your child was asleep. (ex: ■)</li> <li>4. Draw an arrow up to show time getting out of bed. (ex: ↑)</li> </ul>															
Date	Day	5p	6р	7p	8p	9p	10p	11p	12a	1a	<b>2</b> a	3a	4a	5a	6a	7a	8a	9a	10a	11a	12p	1p	2p	3р	4p

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