

Bedtime & Wake-Up Chart

Instructions for Parents

1. Fill in the Bedtime & Wake-Up Chart (see next page)
 - a) Fill in your child's name.
 - b) Fill in the Bedtime and Wake-Up Time for the week (weekends are optional.) Please refer to the chart for helpful suggestions based on age. Of course, feel free to adjust the times based on the needs of your child and the rest of your family.
 - c) Fill in the number of checks your child will need to earn for the reward. Note that the reward doesn't have to be anything expensive... just something your child values.
2. Optionally allow your child to color or decorate their chart.
3. Hang the chart in a prominent place so that you and your child can both see it.
4. Your child can earn two checks a day, one for going to bed on time and one for waking up on time. Check the appropriate box.
5. At the end of the week, total the number of checks and provide the promised reward.

	Wake-Up Time						
	6:00 am	6:15 am	6:30 am	6:45 am	7:00 am	7:15 am	7:30 am
	Bedtime						
Age							
5	6:45 pm	7:00 pm	7:15 pm	7:30 pm	7:30 pm	8:00 pm	8:15 pm
6	7:00 pm	7:15 pm	7:30 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm
7	7:15 pm	7:15 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm
8	7:30 pm	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm
9	7:30 pm	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm
10	8:00 pm	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm
11	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm	9:45 pm
12	8:15 pm	8:30 pm	8:45 pm	9:00 pm	9:15 pm	9:30 pm	9:45 pm

Credit: Stacy Karlsen / Wilson Elementary School

www.brightawareness.com/print to print additional copies, updates, and other printables
www.facebook.com/brightawareness for feedback (post on our wall or message us)



Bedtime & Wake-Up Chart

My Name: _____

My Bedtime

Sun _____

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

My Wake Up Time

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____

Hooray, if you get _____ checks, you will get _____