My bedtime reading

I'm reading for: _____

When: _____

The card's cue: you sit down in bed

Open a book and read one paragraph. Continue if you want; the paragraph is enough for this start.

ONE BOX PER GO

╳ I read my paragraph. / Too tired: I read one sentence.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Missed a night? Leave it. Every box stays.

Too tired? Close the book. Sleep comes first.

Ready for more? Add a habit, a multiplier or a Challenge.
Sheet full? Print another.
habitsets.com/go/jc

HABITSETS