HEALTHY FUTURES SCREEN TRACKER

Turn your screens off at least 30 minutes before bedtime and record how you feel!

| Night 2 | |
|-----------|--|
| INIGITE Z | |
| Night 3 | |
| Night 4 | |
| Night 5 | |
| Night 6 | |
| Night 7 | |

How do you feel after a week turning screens off at least 30 minutes before bed?