HEALTHY FUTURES SCREEN TRACKER

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

Nig	ght 1		
Nig	ght 2		
Nig	ght 3		
Nig	ght 4		
Nig	ght 5		
Nig	ght 6		
Nig	ght 7		

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