

Sleepy Steven's Path to Success!



64 SUCCESS	63 	62 Sleepy Steven was very sleepy at school after staying up late to do his homework while drinking a soda... ZzzZzz	61	60	59	58 Oh no! Steven only slept 6 hours last night... today he only had enough energy to watch TV while eating chips and candy	57
49	50	51	52	53	54	55	56
48	47 Steven did not bring his iPad and laptop into his bedroom... he slept GREAT!	46 	45 Yay! Steven aced his test after a week of eating healthily, sleeping well, and being active every day!	44 	43	42	41
33	34  UH OH! Steven ate too much sugar and fat this week... he had no energy to play hockey and watched movies all day instead!	35	36	37 Sleepy Steven did not get his full hour of physical activity today... that night he felt lazy and ate chocolaty snacks instead of his usual veggies!	38	39	40 After school, Steven chose to play in the park instead of playing his computer game!
32	31	30	29	28	27	26  OOPS! Steven played his new computer game for 5 hours tonight... he skipped soccer practice and couldn't sleep well that night!	25
17	18	19 WOW! 10 hours of sleep later, Steven is ready for school and full of energy for his soccer game!	20 	21	22 Sleepy Steven ate 3 fruits and 2 veggies today! YUM!	23	24
16 Steven had a relaxing bath before bedtime. After, he fell asleep right away!	15	14	13	12 Steven went on Facebook while he was in bed... the light from the screen kept him awake for 2 hours past his bedtime! Eek!	11 	10	9
1 START 	2	3 Sleepy Steven followed his bedtime routine!	4	5 	6 Sleepy Steven played hockey for 2 hours today and he slept GREAT that night!	7	8