



fitCLUB

Bedtime Routine Cards

fit

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Turn off the screens.



fit tip

**Turn off the
screens and
share a story.**

Read a book.



fit tip

**Read before bed
to help your body
and mind wind
down.**



Take a bath or shower.



fit tip

**Take a warm bath
to relax your
body.**



Change into pajamas.



Brush your teeth.



fit tip

Make a bedtime routine. Follow it every night.

Drink a glass of milk.



fit tip

**Drink a glass of milk
before bed to help
your stomach feel
full for the night.**

Listen to quiet music.



fit tip

**Close your eyes
and listen to calm
music tonight.**

Do calm, stretching exercises.



fit tip

Stretching can help calm your body and mind before you go to sleep.

Say goodnight to family, pets, etc .



***fit* tip**

Go to bed at the same time every night.

Go to bed to recharge.



fit tip

Get 9-12 hours of sleep to restore your body, mind, and energy.