

GOD

PLAN

MOVE

# BABY-STEP WORKSHEET

## CURRENT REALITY:

Bedtime:  
 Wake time:  
 HelloMornings time:  
 God time:  
 Planning time:  
 Move time:

## GOALS:

Bedtime:  
 Wake time:  
 HelloMornings time:  
 God time:  
 Planning time:  
 Move time:

## ACTION PLAN:

### WEEK 1 BABY STEPS:

Bedtime:  Monday  
 Wake time:  Tuesday  
 God:  Wednesday  
 Plan:  Thursday  
 Move:  Friday

### WEEK 2:

Keep bed/wake time and morning routine the same as week 1.  Monday  
 Tuesday  
 Wednesday  
 Thursday  
 Friday

### WEEK 3 BABY STEPS:

Bedtime:  Monday  
 Wake time:  Tuesday  
 God:  Wednesday  
 Plan:  Thursday  
 Move:  Friday

### WEEK 4:

Keep bed/wake time and morning routine the same as week 1.  Monday  
 Tuesday  
 Wednesday  
 Thursday  
 Friday

## ACCOUNTABILITY PLAN:

- Check in:
- Share this plan with:
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