

Child Sleep & Wellness Tracker *with* REMplenish JrTM

Jan / Feb / Mar / Apr / May / Jun / Jul / Aug / Sep / Oct / Nov / Dec

Day	Water Intake	Sleep Time	How did you Sleep?	Did you nose breathe?	How do you feel?	Other Observations: <i>Wakeups, Bed Wetting, Snoring, etc.</i>
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To achieve the best results, encourage your child to drink 12-30 ounces of water daily.

Track details with your child as best you can and watch for gradual improvements.

Print another sheet at <https://bit.ly/REMplenishJr-Sleep-Tracker-Child>