

SLEEP TRAINING WORKSHEET

Keep track of your baby's sleep training progress with this worksheet.
Complete for BOTH nap and night sleep times. Consistency is key!
Each check-in should be no more than 2 minutes.

DATE: _____

DAY #: _____

NAP / SLEEP (circle one)

BEDTIME ROUTINE:

Sample check-in's plan

Day	1 st wait	2 nd wait	3 rd wait	Subsequent wait
1	3	5	10	10
2	5	10	12	12
3	10	12	15	15
4	12	15	17	17
5	15	17	20	20
6	17	20	25	25
7	20	25	30	30

1st wait	2nd wait	3rd wait	4th wait	5th wait	6th wait	7th wait

DATE: _____ **NAP / SLEEP** (circle one) **DAY #:** _____

BEDTIME ROUTINE: _____

1st wait	2nd wait	3rd wait	4th wait	5th wait	6th wait	7th wait

DATE: _____ **NAP / SLEEP** (circle one) **DAY #:** _____

BEDTIME ROUTINE: _____

1st wait	2nd wait	3rd wait	4th wait	5th wait	6th wait	7th wait

Math Worksheet Sleep Hacks Deal

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AI Business for Everyone Michael T. Murphy, AI income strategies that actually work for YOUR life This 1 000 page manual guide delivers hyper personalized passive income roadmaps for 15 demographics parents retirees freelancers everyone With 2 100 ready to use prompts case studies exposing costly pitfalls and aggressive 30 day action checklists you ll build your 1 000 monthly automated income while others just read about AI While others debate whether AI will take their jobs smart individuals across every demographic are quietly building automated income streams generating thousands monthly This isn t another generic make money with AI guide assuming everyone s a tech savvy twenty something This is the first truly democratized roadmap to AI wealth crafted for YOUR specific situation Whether you re a stay at home parent squeezing work between school runs a retiree navigating technology a burned out freelancer seeking leverage or an influencer fighting algorithm changes this 1 000 page manual guide delivers hyper personalized strategies for your unique circumstances Each of fifteen demographic focused chapters weaponizes your specific advantages and turns perceived limitations into competitive edges What sets this guide apart is relentless practicality This isn t theoretical exploration it s a bootcamp Every chapter demands action through implementation checklists leaving zero room for procrastination You ll launch micro businesses during naptime automate client work during lunch breaks and build passive income streams aligned with your lifestyle constraints At its heart lies an arsenal of 2 100 battle tested prompts categorized by industry and demographic needs These aren t generic templates they re precision engineered tools transforming ChatGPT and Claude into your personal workforce From healthcare practitioners needing HIPAA compliant content to pet entrepreneurs dominating Instagram every prompt delivers immediate monetizable results Through detailed case studies you ll witness actual people not gurus building sustainable AI businesses Meet the seventy year old launching an AI consulting firm the exhausted mom automating her way to 3 000 monthly the weekend hobbyist whose Chrome extension generates 5 000 monthly Crucially you ll learn their failures and costly mistakes too This isn t success theater it s unvarnished truth about building AI income Every chapter follows an aggressive thirty day timeline transforming overwhelming possibilities into daily actions Week one tool setup and niche selection Week two minimum viable product Week three testing and refinement Week four launch and scale The structure pushes you from zero to revenue through forced accountability and relentless momentum Specialized sections address challenges facing regulated industries and creative professionals Healthcare practitioners monetize expertise while maintaining ethical boundaries Artists discover how AI enhances rather than replaces creativity Educators transform teaching skills into automated course empires Small business owners multiply revenue without multiplying headcount This isn t about replacing human creativity with artificial intelligence It s about amplifying existing advantages through strategic automation The book teaches you to identify unfair advantages whether life experience professional network or availability during odd hours and systematically convert them into income generating systems working while you sleep parent travel or

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