

**Table 3.1: Your new rules for the day and the night,
with two examples**

	What I do now <i>(Look at your diary)</i>	Goal for next week	How I will do it
<i>For the day</i>	<i>2–3 coffees and teas</i>	<i>One coffee in the morning</i>	<i>Juice instead</i>
<i>In my bedroom</i>	<i>Homework on the bed</i>	<i>Homework at my desk or downstairs</i>	<i>Clear my desk</i>