Reward Chart

I _____, will complete my missions and become a brave dry knight

From DD / MM To DD / MM

MISSIONS

I stopped drinking liquids 1-2 hours before bedtime

I did not drink any caffeine baseddrinks (ex. Fizzy Drinks, Tea, Coffee, Chocolate)

I used the toilet 4-7 times today

I used the toilet right before bedtime

I did not use any electronics before bed

I woke up dry today!

Week 1	Su	Mo	Tu	We	Th	Fr	Sa
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★

Week 2	Su	Mo	Tu	We	Th	Fr	Sa
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★

DryKnight

In case of any side effects from medications, please contact the Saudi Food and Drug Authority to report them on the unified number 19999

DZ-MNM-2400013
19-SFDA-47

Reward Chart

From DD / MM To DD / MM

MISSIONS

I stopped drinking liquids 1-2 hours before bedtime

I did not drink any caffeine baseddrinks (ex. Fizzy Drinks, Tea, Coffee, Chocolate)

I used the toilet 4-7 times today

I used the toilet right before bedtime

I did not use any electronics before bed

I woke up dry today!

Week 3							Week 4						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
★	★	★	★	★	★	★	★	★	★	★	★	★	★
★	★	★	★	★	★	★	★	★	★	★	★	★	★
★	★	★	★	★	★	★	★	★	★	★	★	★	★
★	★	★	★	★	★	★	★	★	★	★	★	★	★
★	★	★	★	★	★	★	★	★	★	★	★	★	★
★	★	★	★	★	★	★	★	★	★	★	★	★	★

DryKnight

In case of any side effects from medications, please contact the Saudi Food and Drug Authority to report them on the unified number 19999

DZ-MNM-2400013