Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |

In the evening

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| The time I went to bed |  |  |  |  |  |  |  |
| The time I got up |  |  |  |  |  |  |  |
| I slept for (hours) |  |  |  |  |  |  |  |
| # of times I woke up during the night |  |  |  |  |  |  |  |

In the morning

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| # of caffeinated drinks today |  |  |  |  |  |  |  |
| Time of last caffeinated drink |  |  |  |  |  |  |  |
| Length of nap (if I took one) |  |  |  |  |  |  |  |
| Exercises I did today |  |  |  |  |  |  |  |
| What I did the last hour before bed |  |  |  |  |  |  |  |
| Mood today (rate 0-10)  0=terrible, 10=great |  |  |  |  |  |  |  |

Notes from the week: