



WEEKLY SLEEP TRACKER

GOAL	MON	TUES	WED	THUR	FRI	SAT	SUN
Physical Exercise							
Breakfast							
Caffeine							
Healthy Snacks							
Lunch							
Sugar							
Naps							
Physical Activity							
Dinner							
Alcohol							
Supplements Medications							
Managing Stressful Thoughts							
Soothing Bedtime Rituals							
Your Tip:							
Hour Tried to Fall Asleep							
Hour Fell Asleep							
Hours of Sleep							
Quality of Sleep (Scale 1-10)							
Next Day Energy/Mood (1-10)							