

Sleep tracker

Week of _____

	LAST SNACK BEFORE BEDTIME	LAST ACTIVITY BEFORE BEDTIME	BEDTIME ROUTINE	TIME I WENT TO SLEEP
<i>sunday</i>	TIME: 			TIME: HOURS SLEPT: QUALITY: ① ② ③ ④ ⑤
<i>monday</i>	TIME: 			TIME: HOURS SLEPT: QUALITY: ① ② ③ ④ ⑤
<i>tuesday</i>	TIME: 			TIME: HOURS SLEPT: QUALITY: ① ② ③ ④ ⑤
<i>wednesday</i>	TIME: 			TIME: HOURS SLEPT: QUALITY: ① ② ③ ④ ⑤
<i>thursday</i>	TIME: 			TIME: HOURS SLEPT: QUALITY: ① ② ③ ④ ⑤
<i>friday</i>	TIME: 			TIME: HOURS SLEPT: QUALITY: ① ② ③ ④ ⑤
<i>saturday</i>	TIME: 			TIME: HOURS SLEPT: QUALITY: ① ② ③ ④ ⑤

1 = bad; 5 = great