

SLEEP TRACKER

	MON	TUES	WED	THURS	FRI	SAT	SUN
QUALITY (rate 1-10)							
TIME (hrs)							
	MON	TUES	WED	THURS	FRI	SAT	SUN
QUALITY (rate 1-10)							
TIME (hrs)							

NOTES:

What strategies worked for me?

What strategies do I commit to implementing as a regular part of my routine?