

Name: \_\_\_\_\_ Date: \_\_\_\_\_



# SLEEP LOG



## WEEK 1

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Sleep at							
Amount of sleep time							
Energy levels (1-5)							



## WEEK 2

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Sleep at							
Amount of sleep time							
Energy levels (1-5)							

## TAKE NOTE