Sleep Journal

A good night's sleep is key to having the energy to move each day, and in turn, improving many other parts of your life.

Getting eight hours of sleep and being physically active can help you manage stress, increase your productivity, help you maintain a healthy weight and stabilize your mood. Try tracking your sleep this month to see how getting adequate rest can change your life for the better.

Each day of the month, rate your mood and energy level and track how many hours of sleep you get. See what conclusions you can come to at the end of the month (hint: the more sleep the better your energy and mood should be).

	LAST NIGHT I SLEPT ___ HRS	MY MOOD TODAY	MY ENERGY LEVEL	NOTES
MONDAY	7	1 2 3 ④ 5	1 2 3 4 ⑤	7 hours of sleep. Today was a GREAT day!
TUESDAY		1 2 3 4 5	1 2 3 4 5	
WEDNESDAY		1 2 3 4 5	1 2 3 4 5	
THURSDAY		1 2 3 4 5	1 2 3 4 5	
FRIDAY		1 2 3 4 5	1 2 3 4 5	
SATURDAY		1 2 3 4 5	1 2 3 4 5	
SUNDAY		1 2 3 4 5	1 2 3 4 5	

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THURSDAY		1 2 3 4 5	1 2 3 4 5	
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