






Week #:

Dates:

	 SLEEP METRICS	 EXERCISE MATTERS	 MEAL LOG
<b>MONDAY</b>	Sleep estimate:	Run/Walk/Cycle:	Breakfast:
	Continuous/Interrupted Quality:	Strength:	AM Snack:
	Time I got in bed:	Distance:	
	Time I woke up:	Steps:	Lunch:
	What made me sleep better?	Notes of the day:	PM Snack:
	What made me sleep worse?:		Dinner:
	Menses Day #:		
<b>TUESDAY</b>	Sleep estimate:	Run/Walk/Cycle:	Breakfast:
	Continuous/Interrupted Quality:	Strength:	AM Snack:
	Time I got in bed:	Distance:	
	Time I woke up:	Steps:	Lunch:
	What made me sleep better?	Notes of the day:	PM Snack:
	What made me sleep worse?:		Dinner:
	Menses Day #:		
<b>WEDNESDAY</b>	Sleep estimate:	Run/Walk/Cycle:	Breakfast:
	Continuous/Interrupted Quality:	Strength:	AM Snack:
	Time I got in bed:	Distance:	
	Time I woke up:	Steps:	Lunch:
	What made me sleep better?	Notes of the day:	PM Snack:
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<b>THURSDAY</b>	Sleep estimate:	Run/Walk/Cycle:	Breakfast:
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<b>SATURDAY</b>	Sleep estimate:	Run/Walk/Cycle:	Breakfast:
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<b>SUNDAY</b>	Sleep estimate:	Run/Walk/Cycle:	Breakfast:
	Continuous/Interrupted Quality:	Strength:	
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	Time I woke up:	Steps:	Lunch:
	What made me sleep better?	Notes of the day:	PM Snack:
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