

SLEEP TRACKER

MONTH:		WEEK:		BEDTIME GOAL:	
	DATE	TIME WENT TO BED	AVOIDED SCREENS 😊 😞	DIMMED LIGHTS 😊 😞	NOTES
example	10th	9:30pm			Hike with Katie , tired, went to bed early.
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

NOTES TO SELF