

	Evening Activities	Caffeine/Alcohol	Bedtime	Approx. Time to Fall Asleep	Wake Time	Time Asleep	How Rested upon Waking (1-10)	Best Energy Times	Other Notes/Exceptional Circumstances (Travel, Time Change, Stressors)
<i>Example:</i>	<i>Late work meeting; 30-minute HIIT at 8 PM</i>	<i>No caffeine after 2 PM</i>	<i>10:30 PM</i>	<i>45 minutes</i>	<i>6:00 AM</i>	<i>7 hours</i>	<i>7/10 (felt groggy for the first 15 minutes)</i>	<i>9 AM-11 AM</i>	<i>Hard time falling asleep; work stress</i>
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Trends/Insights									