

Sleep Log
Goal: 7 hours per night
Submit by 7/15/24

Record how much sleep you got, the goal is a target, become aware of your baseline!
Complete 12 days and send it in!

	<u>Date</u>	<u>Hours</u>
Example:	6/2	5 hours (12am-5am)
	6/3	7 hours (10pm-5am)
	6/4	8 hours (9pm-5am)
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		
11)		
12)		

Notes (optional):