

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>	Hours
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):