

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
☀ Complete in the Morning							
Did you feel rested this morning?							
What time did you go to bed last night?							
How long did you take to fall asleep?							
Did you wake up during the night? If yes, how many times?							
How long did it take you to get back to sleep?							
Do you remember anything that disturbed your sleep last night?							
Considering how long it took you to get to sleep and how often you woke up at night, how long did you sleep in total?							
🌙 Complete in the Evening							
Did you meditate throughout the day? If yes, when and how long?							
How much exposure to natural light did you have today?							
Did you have caffeinated drinks today? If yes, when and how many?							
Did you exercise today? If yes, when and how long?							
Did you nap today?							
Did you have alcohol or a heavy meal today?							
When did you switch your digital devices to Night Shift mode?							
What was your evening routine today?							