Name:		
maine.		

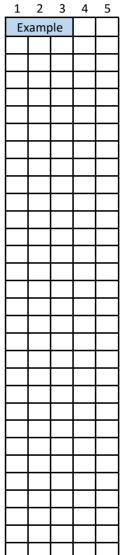
Sleep Tracker 122



of hours

	<u>n or riours</u>											
	1	2	3	4	5	6	7	8	9	10	11	12
<u>Day</u>	EXAMPLE											
1												
2												
3												
4												
5												
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Energy Level



Benefits of

Sleep: Helps to

- repair your body
- Reduces stress
- **Improves** memory
- Control body weight issues
- May reduce your risk of depression



Challenge: Track how many hours of sleep you get at night. Simply shade in the box with the number of hours you received and mark off how much energy you felt that day. The goal is to try to find a nice healthy balance of sleep that keeps you feeling refreshed and energized throughout the day.

** feel free to take it a step further and track your mood levels as well.

Energy Level: 1 – being the least amount of energy and 5 – being the most amount of energy.