

DAILY SLEEP SCHEDULE TRACKER

WEEK OF: _____

GOAL SLEEP HRS: _____

DAY	BEDTIME	WAKE TIME	TOTAL HOURS	QUALITY (1-10)	ENERGY LEVEL
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

HABIT CHECKLIST (Caffeine, Screen Time, Exercise)

WEEKLY SUMMARY & NOTES

Meticulous Sleep Tracking Template â€œ Modern Minimalist Series