

CIRCADIAN RHYTHM LOG

Date: _____

Total Sleep: _____ hrs

TIME	ENERGY (1-5)	FOCUS (1-5)	MOOD (1-5)	FOOD / LIGHT / CAFFEINE / EXERCISE	OBSERVATIONS
06:00 AM					
08:00 AM					
10:00 AM					
12:00 PM					
02:00 PM					
04:00 PM					
06:00 PM					
08:00 PM					
10:00 PM					
12:00 AM					

Daily Reflection: