

# SLEEP QUALITY EVENING REFLECTION

Weekly Tracking & Mindset Clearance

Week Of:

Goal Bedtime:

<b>DAY</b>	<b>ENERGY (1-5)</b>	<b>CAFFEINE CUTOFF</b>	<b>SCREEN- FREE TIME</b>	<b>RELAXATION ACTIVITY</b>
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Brain Dump / To-Do for Tomorrow:**

**Gratitude / Wins of the Day:**