

My Goal: I will sleep for hours each night.

Sleep Tracker: In the chart below, list the strategies you used to help you sleep better. Each morning, record the number of hours you slept.

Sleep Strategies:
.....
.....

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Sleep Strategies:	Sleep Strategies:	Sleep Strategies:	Sleep Strategies:
Hours Slept:	Hours Slept:	Hours Slept:	Hours Slept:

FRIDAY	SATURDAY	SUNDAY
Sleep Strategies:	Sleep Strategies:	Sleep Strategies:
Hours Slept:	Hours Slept:	Hours Slept:

END OF THE WEEK REFLECTION

I met my goal
.....
days this week.

Next week,
my goal will be
to sleep for
..... hours.