Instructions: Fill out this log for 1 week. Then, look at the day or days when you didn’t get enough sleep or felt tired during the day. What could you do to get a better night’s rest every night?

### Yesterday, I exercised for this many minutes:

<table>
<thead>
<tr>
<th>DAY</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
</table>

### Yesterday, I: (check all that apply)

- Ate too much
- Didn’t eat enough
- Had a drink with caffeine, like soda or tea

### Yesterday, I: (check one)

- Had lots of energy
- Was tired all day
- Felt sleepy in the afternoon

### Yesterday, I took a nap. (check one)

- True
- False

### Last night, I went to bed at this time:

### Last night, I fell asleep at this time:

### Today, I woke up at this time:

### Last night, I slept for this many hours: