

BEDTIME TRACKER



GOAL FOR THE WEEK:

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------------------------------|-----|-----|-----|-----|-----|-----|-----|
| I went to sleep at: | | | | | | | |
| I woke up at: | | | | | | | |
| Total number of hours of sleep | | | | | | | |

Average hours for the week: