

# LOG

complete at night, looking back on your day OR complete in the morning looking back on last 24 hours

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

## ENERGY LEVEL

(scale from 1-5)

1=low/poor 5=excellent

## MOVEMENT

(total # of minutes/steps)

## 'ZOOM' USE

(total # of minutes)

## STRESS LEVEL

(scale from 1-5)

1=very stressed 5=little stress

## SLEEP EXPERIENCE

- time into bed
- est, min. took to fall asleep
- # of times woke up +  
total time awake
- time got out of bed
- total time slept
- quality of sleep (scale 1-5)  
1=poor sleep 5=excellent sleep
- factors that affected sleep quality

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DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

## ENERGY LEVEL

(scale from 1-5)

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## MOVEMENT

(total # of minutes/steps)

## 'ZOOM' USE

(total # of minutes)

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DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

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## MOVEMENT

(total # of minutes/steps)

## 'ZOOM' USE

(total # of minutes)

## STRESS LEVEL

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