

7-DAY SLEEP & NUTRITION LOGBOOK

Name:

SLEEP CYCLES

DAY 1

Date _____

Time to bed	
Time to sleep (approx.)	
Time awake	
Time out of bed	
Total hours of sleep	

DAY 2

Date _____

Time to bed	
Time to sleep (approx.)	
Time awake	
Time out of bed	
Total hours of sleep	

DAY 3

Date _____

Time to bed	
Time to sleep (approx.)	
Time awake	
Time out of bed	
Total hours of sleep	

DAY 4

Date _____

Time to bed	
Time to sleep (approx.)	
Time awake	
Time out of bed	
Total hours of sleep	

DAY 5

Date _____

Time to bed	
Time to sleep (approx.)	
Time awake	
Time out of bed	
Total hours of sleep	

DAY 6

Date _____

Time to bed	
Time to sleep (approx.)	
Time awake	
Time out of bed	
Total hours of sleep	

DAY 7

Date _____

Time to bed	
Time to sleep (approx.)	
Time awake	
Time out of bed	
Total hours of sleep	

DAY 1

BREAKFAST

Time:	1-2 hour Response and Reactions

LUNCH

Time:	1-2 hour Response and Reactions

EVENING MEAL

Time:	1-2 hour Response and Reactions

SNACKS

Time(s):	1-2 hour Response and Reactions

DAY SUMMARY

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DAY 2

BREAKFAST

Time:	1-2 hour Response and Reactions

LUNCH

Time:	1-2 hour Response and Reactions

EVENING MEAL

Time:	1-2 hour Response and Reactions

SNACKS

Time(s):	1-2 hour Response and Reactions

DAY SUMMARY

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DAY 3

BREAKFAST

Time:	1-2 hour Response and Reactions

LUNCH

Time:	1-2 hour Response and Reactions

EVENING MEAL

Time:	1-2 hour Response and Reactions

SNACKS

Time(s):	1-2 hour Response and Reactions

DAY SUMMARY

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DAY 4

BREAKFAST

Time:	1-2 hour Response and Reactions

LUNCH

Time:	1-2 hour Response and Reactions

EVENING MEAL

Time:	1-2 hour Response and Reactions

SNACKS

Time(s):	1-2 hour Response and Reactions

DAY SUMMARY

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DAY 5

BREAKFAST

Time:	1-2 hour Response and Reactions

LUNCH

Time:	1-2 hour Response and Reactions

EVENING MEAL

Time:	1-2 hour Response and Reactions

SNACKS

Time(s):	1-2 hour Response and Reactions

DAY SUMMARY

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DAY 6

BREAKFAST

Time:	1-2 hour Response and Reactions

LUNCH

Time:	1-2 hour Response and Reactions

EVENING MEAL

Time:	1-2 hour Response and Reactions

SNACKS

Time(s):	1-2 hour Response and Reactions

DAY SUMMARY

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DAY 7

BREAKFAST

Time:	1-2 hour Response and Reactions

LUNCH

Time:	1-2 hour Response and Reactions

EVENING MEAL

Time:	1-2 hour Response and Reactions

SNACKS

Time(s):	1-2 hour Response and Reactions

DAY SUMMARY

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