## **Snooze-Fest Log: August Challenge**

Please put a check mark in the box if you completed the challenge, the number of hours you slept, and a one-word description of your mood upon waking.

Relieved Stress before bed? Hours Slept How do you feel?  Week 2					
before bed? Hours Slept  How do you feel?  Week 2 Monday Tuesday Wednesday Thursday Friday Saturdate Section of India Slept  Week 3 Monday Tuesday Wednesday Thursday Friday Saturdate Set? Hours Slept Hours Slept How do you feel?  Week 4 Monday Tuesday Wednesday Thursday Friday Saturdate Set? How do you feel?  Week 4 Monday Tuesday Wednesday Thursday Friday Saturdate Set? No caffeine, alcohol or liquids 1-2 hrs before?	esday Wednesday Thursday Friday Saturday Sunday	Wednesday	Tuesday	Monday	Week 1
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