

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.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Relieved Stress before bed?							
Hours Slept							
How do you feel?							

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No screens 30 mins before bed?							
Hours Slept							
How do you feel?							

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bedtime alarms set?							
Hours Slept							
How do you feel?							

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No caffeine, alcohol or liquids 1-2 hrs before?							
Hours Slept							
How do you feel?							