Analysis for week of _____

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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	Energy	Mood	Sleep Quality	Water (Percentage of goal)	AM Rating	Afternoon Rating	PM Rating	Interaction	Caffeine	Stress	Total*	Bed Time	Wake Time	Total Night Sleep	Na p (if any)	Total sleep in 24 hour period	Breakfast	Vitamin	Nightly Sleep Score **
Monday	10	10	10	10=100%	5	5	5	5	10=100	5	MON						Yes No	Yes No	
	9	9	9	9=90&	4	4	4	4	9=200	4									
Tuesday	8	8	8	8=80%	3	3	3	3	8=300	3	TUE						Yes No	Yes No	
Wednesday	7	7	7	7=70%	2	2	2	2	7=400	2	WED						Yes No	Yes No	
	6	6	6	6=60%	1	1	1	1	6=500	1									
Thursday	5	5	5	5=50%					5=600		THU						Yes No	Yes No	
Friday	4	4	4	4=40%					4=700		FRI						Yes No	Yes No	
	3	3	3	3=30%					3=800										
Saturday	2	2	2	2=20%					2=900		SAT						Yes No	Yes No	
Sunday	1	1	1	1=10% or less					1=1000 or more		SUN						Yes No	Yes No	

Instructions for column 11: Total the number in columns 1-10 each day. Once you have all the blue boxes filled, total and write number in pink box.

Instructions for column 19: Total the number in the green boxes and write the total in the pink box.