

Analysis for week of

	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														
	7	7	7	7=70%	2	2	2	2	7=400	2																								
Wednesday	6	6	6	6=60%	1	1	1	1	6=500	1		WED						Yes No		Yes No														
	5	5	5	5=50%					5=600				THU							Yes No	Yes No													
Thursday	4	4	4	4=40%										4=700		FRI							Yes No	Yes No										
	3	3	3	3=30%														3=800																
Friday	2	2	2	2=20%																		2=900		SAT						Yes No	Yes No			
	1	1	1	1=10% or less																						1=1000 or more		SUN						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.