

30 Day Sleep Challenge

1 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	2 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	3 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	4 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	5 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	6 HRS Slept Caffeine Tired/Rested: Mood: Productivity:
7 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	8 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	9 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	10 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	11 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	12 HRS Slept Caffeine Tired/Rested: Mood: Productivity:
13 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	14 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	15 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	16 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	17 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	18 HRS Slept Caffeine Tired/Rested: Mood: Productivity:
19 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	20 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	21 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	22 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	23 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	24 HRS Slept Caffeine Tired/Rested: Mood: Productivity:
25 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	26 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	27 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	28 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	29 HRS Slept Caffeine Tired/Rested: Mood: Productivity:	30 HRS Slept Caffeine Tired/Rested: Mood: Productivity:

Ranking Scales

Tired or Rested

- 1 - Exhausted
- 2 - Tired
- 3 - Mostly rested
- 4 - Fully rested!

How's your mood?

- 1 - Very stressed/depressed/irritable
- 2 - Still stressed/depressed/irritable
- 3 - Mostly motivated/happy
- 4 - Very motivated/happy!

Productivity and Energy

- 1 - Not productive/no energy
- 2 - Slightly productive/low energy
- 3 - Mostly productive/good energy
- 4 - Very productive/high energy!

<p>Week 1</p>	<p>Immunity and Sickness</p> <p>1 - Feeling sick 2 - On the verge of sick 3 - Feeling good but not 100% 4 - Feel great/no sickness!</p>	<p>Recovery Time (Physical)</p> <p>1 - My body aches constantly 2 - No the worst, but needs some work 3 - Feeling good but could be better 4 - My body feels great!</p>	<p>Eating and Exercise Habits</p> <p>1 - No motivation 2 - Doing better 3 - Good most the time 4 - Killing it!</p>	<p>Intimacy / Sex Drive</p> <p>1 - Can we read books instead? 2 - I could get into it if persuaded 3 - Let's do it!...more than we have been 4 - It's business time, all the time</p>
<p>Week 2</p>	<p>Immunity and Sickness</p> <p>1 - Feeling sick 2 - On the verge of sick 3 - Feeling good but not 100% 4 - Feel great/no sickness!</p>	<p>Recovery Time (Physical)</p> <p>1 - My body aches constantly 2 - No the worst, but needs some work 3 - Feeling good but could be better 4 - My body feels great!</p>	<p>Eating and Exercise Habits</p> <p>1 - No motivation 2 - Doing better 3 - Good most the time 4 - Killing it!</p>	<p>Intimacy / Sex Drive</p> <p>1 - Can we read books instead? 2 - I could get into it if persuaded 3 - Let's do it!...more than we have been 4 - It's business time, all the time</p>
<p>Week 3</p>	<p>Immunity and Sickness</p> <p>1 - Feeling sick 2 - On the verge of sick 3 - Feeling good but not 100% 4 - Feel great/no sickness!</p>	<p>Recovery Time (Physical)</p> <p>1 - My body aches constantly 2 - No the worst, but needs some work 3 - Feeling good but could be better 4 - My body feels great!</p>	<p>Eating and Exercise Habits</p> <p>1 - No motivation 2 - Doing better 3 - Good most the time 4 - Killing it!</p>	<p>Intimacy / Sex Drive</p> <p>1 - Can we read books instead? 2 - I could get into it if persuaded 3 - Let's do it!...more than we have been 4 - It's business time, all the time</p>
<p>Week 4</p>	<p>Immunity and Sickness</p> <p>1 - Feeling sick 2 - On the verge of sick 3 - Feeling good but not 100% 4 - Feel great/no sickness!</p>	<p>Recovery Time (Physical)</p> <p>1 - My body aches constantly 2 - No the worst, but needs some work 3 - Feeling good but could be better 4 - My body feels great!</p>	<p>Eating and Exercise Habits</p> <p>1 - No motivation 2 - Doing better 3 - Good most the time 4 - Killing it!</p>	<p>Intimacy / Sex Drive</p> <p>1 - Can we read books instead? 2 - I could get into it if persuaded 3 - Let's do it!...more than we have been 4 - It's business time, all the time</p>
<p>Week 5</p>	<p>Immunity and Sickness</p> <p>1 - Feeling sick 2 - On the verge of sick 3 - Feeling good but not 100% 4 - Feel great/no sickness!</p>	<p>Recovery Time (Physical)</p> <p>1 - My body aches constantly 2 - No the worst, but needs some work 3 - Feeling good but could be better 4 - My body feels great!</p>	<p>Eating and Exercise Habits</p> <p>1 - No motivation 2 - Doing better 3 - Good most the time 4 - Killing it!</p>	<p>Intimacy / Sex Drive</p> <p>1 - Can we read books instead? 2 - I could get into it if persuaded 3 - Let's do it!...more than we have been 4 - It's business time, all the time</p>