	Cinday	Monday	Tuesday	Wodporday	Thursday	2.	C2+115/20
	Sunday	Monday	luesday	Tuesday   Wednesday   Thursday	Ihursday	Friday	Saturday
Complete in the EVENING	ENING						
Number of caffeinated drinks today							
Time of last caffeinated drink							
Exercise completed today (minutes)							
What I did in the hour before I fell asleep							
Mood today? (0=awful, 10=great)							

	Monday	Tuesday	Tuesday Wednesday	Thursday	Friday	Saturday Sunday	Sunday
Complete in the MORNING	ORNING						
I went to bed last night at (time)							
I got up this morning at (time)							
I slept for a total of (hours)					5		5
I woke up during the night (# times)						8	
						The second secon	