

SLEEP TRACKER

MONDAY

How much sleep I got:

Got in bed at: Got out of bed at:

TUESDAY

How much sleep I got:

Got in bed at: Got out of bed at:

WEDNESDAY

How much sleep I got:

Got in bed at: Got out of bed at:

THURSDAY

How much sleep I got:

Got in bed at: Got out of bed at:

FRIDAY

How much sleep I got:

Got in bed at: Got out of bed at:

REFLECTIONS

What day did you feel most awake?

About how much sleep do you get everyday?

How does sleep affect mood and energy?

How do you feel most mornings?



SUPER GUIDE

MISSION OBJECTIVE

Even superheroes need sleep! Your brain recharges when you rest. Good sleep helps you think clearly, feel better, and grow strong. Wind down, power down, and get your 8-10 hours of Zzz's!

INSTRUCTIONS

You get to record your sleep and time you get in and out of bed through your own Sleep Tracker. Be sure to get around 8-10 hours of sleep to stay super! Once done with the week, you will earn your Relaxed Hero Badge.

