EQ MINDS

7-NIGHT SLEEP TRACKER

	ENERGY LEVEL THROUGHOUT THE DAY: SCALE OF 1-10, 1 BEING 'SLOTH' AND 10 BEING 'ROCKSTAR'	EASE OF FALLING ASLEEP: SCALE OF 1-10, 1 BEING 'MAY HAVE NARCOLEPSY' AND 10 BEING, 'I'M STILL AWAKE.'	TOTAL HOURS OF SLEEP:	HABITS/FOODS/ SUBSTANCES THAT I THINK PROMOTED NATURAL SLEEP:	HABITS/FOODS/ SUBSTANCES THAT I THINK IMPACTED MY NATURAL SLEEP:
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					