

Catching ZZZs Sleep Tracker

Sleep is as important for good health and wellbeing as diet and exercise. Adults need between 7 and 9 hours of sleep per night.

During this challenge:

- ☐ Aim to sleep 7 to 9 hours each night
- ☐ Keep the same bedtime and wake-up time

For each day of the challenge, mark if you sleep at least 7 hours, go to bed and get up at the same time, and rate the quality of your sleep.

At the end of the challenge, submit your tracker to:



	Week 1			Week 2		
	Sleep 7-9 hours	Same bedtime & wake-up time	Quality of sleep 1=Poor, 3=Good	Sleep 7-9 hours	Same bedtime & wake-up time	Quality of sleep 1=Poor, 3=Good
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

	Week 3			Week 4		
	Sleep 7-9 hours	Same bedtime & wake-up time	Quality of sleep 1=Poor, 3=Good	Sleep 7-9 hours	Same bedtime & wake-up time	Quality of sleep 1=Poor, 3=Good
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Name: