

LOG YOUR SLEEP!

MOTIVATED MONDAYS

A YEAR OF MINI RESOLUTIONS

Use the calendar below to log your time in bed- unless you have your actual hours slept via a tracker.

Note: The benefits of each resolution builds upon the others, the habits we develop are meant to stay with us well beyond the month the resolution is held, so we continue to log meals without sugar, too!

DAY	SLEEP	SUGAR
3/4		
3/5		
3/6		
3/7		
3/8		
3/9		
3/10		
3/11		
3/12		
3/13		
3/14		
3/15		
3/16		
3/17		
3/18		
3/19		
3/20		

DAY	SLEEP	SUGAR
3/21		
3/22		
3/23		
3/24		
3/25		
3/26		
3/27		
3/28		
3/29		
3/30		
3/31		
4/1		
4/2		
4/3		
4/4		
4/5		
4/6		

DAY	SLEEP	SUGAR
4/7		
4/8		
4/9		
4/10		
4/11		
4/12		
4/13		
4/14		
4/15		
4/16		
4/17		
4/18		
4/19		
4/20		
4/21		