




































How are you feeling today?

Record the date, the hours you slept the previous night and draw the face that represents your mood. After a week, you may notice that how much you slept affects how good you feel.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						
Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:
						
Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:
						
Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:
						
Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:
						
Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:	Hrs. Slept:



Cranky



Sad



Stressed



Calm



Alert



Happy

