

Daily Log

Consider the following when completing this log: 1) class schedule; 2) meal times; 3) sleep; and 4) extra-curricular activities (clubs, meetings, exercise, practices, etc.)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5–6 am							
6–7 am							
7–8 am							
8–9 am							
9–10 am							
10–11 am							
11–12 pm							
12–1 pm							
1–2 pm							
2–3 pm							
3–4 pm							
4–5 pm							
5–6 pm							
6–7 pm							
7–8 pm							
8–9 pm							
9–10 pm							
10–11 pm							
11–12 am							
12–1 am							
1–2 am							
2–3 am							
3–4 am							
4–5 am							

