

Worksheet for activity planning and sleep-wake cycle management

ACTIVITIES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Time of getting up							
MORNING							
7am							
8am							
9am							
10am							
11am							
12noon							
AFTERNOON							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
EVENING							
7pm							
8pm							
9pm							
10pm							
Time of going to bed							
Number of hours asleep							
Rate your sleep quality on a scale of 0-5 (0=bad, 5=excellent)							
Rate your mood today on a scale of 0-5 (0=bad, 5=excellent)							
Rate how tired you are today on a scale of 0-5 (0=very tired, 5=energetic)							