

Name: \_\_\_\_\_

## My Sleep Log

You've got this! For the upcoming days of testing, there are steps you can take to be at your best to face any challenge. Sleep is critical to being prepared mentally and physically. Track your sleep goals and habits to make sure you are the best that you can be.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
sleep goal							
bedtime							
awake time							
total sleep time							

**\*Did you meet your goal? Color in those days your goal was met in green!**



**My top five strategies for falling asleep and sleeping soundly:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Sensible Snack Tracker

Ever hear the old adage, you are what you eat? Keep track of your daily diet to better understand how nutrition is an important factor for success. Detail your favorite healthy snack to share with others. Good luck!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
breakfast							
lunch							
dinner							
other							

\*Which meals included energy-rich foods? Color in those meals that were healthy in yellow!



## Healthy Snack

List both the ingredients and the steps for making your favorite nutritious snack. What gives you sustained energy when you need it?

Ingredients	Directions
<ul style="list-style-type: none"> <li>•</li> </ul>	Step 1:

