



WFC Sleep Log Sheet

*EXAMPLE for completing sleep logs

(1) With a black marker, fill in time slept. (2) Fill in all nap times during the day. (3) Rate your sleep.

	PM	6	7	8	9	10	11	12	1	2	3	4	5	AM	6	7	8	9	10	11	12	1	2	3	4	5
Mon Jul 7																										
0 (very poor) - 10 (very good) Sleep was rated <u>7</u>													0 (exhausted)- 10 (refreshed), this morning I felt <u>6</u>													

	PM	6	7	8	9	10	11	12	1	2	3	4	5	AM	6	7	8	9	10	11	12	1	2	3	4	5
Mon Jul 7																										
0 (very poor) - 10 (very good) Sleep was rated <u>4</u>													0 (exhausted)- 10 (refreshed), this morning I felt <u>3</u>													

Fencer Name: _____ Week Beginning: _____

	PM	6	7	8	9	10	11	12	1	2	3	4	5	AM	6	7	8	9	10	11	12	1	2	3	4	5
Date																										
0 (very poor) - 10 (very good) Sleep was rated ____													0 (exhausted)- 10 (refreshed), this morning I felt ____													

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Date																										
0 (very poor) - 10 (very good) Sleep was rated ____													0 (exhausted)- 10 (refreshed), this morning I felt ____													

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