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| DAY LOG |  |

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| DATE/DAY  *(Fill in each evening just before going to bed)* | |  |  |  |  |  |  |  |  | AVERAGE |
| Caffeinated drinks? How many? | Before 5PM |  |  |  |  |  |  |  |  |
| After 5 PM |  |  |  |  |  |  |  |  |
| Alcoholic drinks? How many? | Before 5PM |  |  |  |  |  |  |  |  |
| After 5 PM |  |  |  |  |  |  |  |  |
| Nicotine use? How many cigarettes, other forms? | Before 5PM |  |  |  |  |  |  |  |  |
| After 5 PM |  |  |  |  |  |  |  |  |
| Exercise? | Before 5PM |  |  |  |  |  |  |  |  |
| After 5 PM |  |  |  |  |  |  |  |  |
| Naps? | Time of day |  |  |  |  |  |  |  |  |
| How long? |  |  |  |  |  |  |  |  |
| Stress during your day? | *Y / N* |  |  |  |  |  |  |  |  |
| Feel sleepy during the day? | *Y / N* |  |  |  |  |  |  |  |  |
| Mood in general during day? | *1=poor; 2=fair; 3=good; 4=excellent* |  |  |  |  |  |  |  |  |
| Overall function during day? | *1=poor; 2=fair; 3=good; 4=excellent* |  |  |  |  |  |  |  |  |
| Additional items to track: (list) |  | | | | | | | |  |
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