



# More ZZZs Please!

## WEEKLY TRACKER

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

HealthPartners ID: \_\_\_\_\_

### Week 1:

Stick to a schedule, and set up a bedtime routine

DAY	Duration (Hours, minutes)		Quality (Poor, Fair, Good, Excellent)	Weekly goal and reflections
M	Hours:	Min:		<b>GOAL: Establish a set time to go to bed and wake up. Be realistic!</b>  <b>Ideas for my bedtime routine:</b>
T	Hours:	Min:		
W	Hours:	Min:		
Th.	Hours:	Min:		
F	Hours:	Min:		
Sa.	Hours:	Min:		<b>Notes and reflections:</b>
Su.	Hours:	Min:		

### Week 2:

Set the stage for sleep

DAY	Duration (Hours, minutes)		Quality (Poor, Fair, Good, Excellent)	Weekly goal and reflections
M	Hours:	Min:		<b>GOAL: Set up your environment to help you sleep well.</b>  <b>Ideas for my sleep environment:</b>
T	Hours:	Min:		
W	Hours:	Min:		
Th.	Hours:	Min:		
F	Hours:	Min:		
Sa.	Hours:	Min:		<b>Notes and reflections:</b>
Su.	Hours:	Min:		

**Week 3:**  
Get moving!

DAY	Duration (Hours, minutes)		Quality (Poor, Fair, Good, Excellent)	Weekly goal and reflections
M	Hours:	Min:		<b>GOAL: Get enough physical activity to help you sleep better.</b>  <b>Ideas to be more active, every day:</b>
T	Hours:	Min:		
W	Hours:	Min:		
Th.	Hours:	Min:		
F	Hours:	Min:		
Sa.	Hours:	Min:		<b>Notes and reflections:</b>
Su.	Hours:	Min:		

**Week 4:**  
Pay attention to what (and when) you eat and drink

DAY	Duration (Hours, minutes)		Quality (Poor, Fair, Good, Excellent)	Weekly goal and reflections
M	Hours:	Min:		<b>GOAL: Make sure your eating and drinking habits don't get in the way of good sleep.</b>  <b>Ideas to be more aware of how foods and drinks affect my sleep:</b>
T	Hours:	Min:		
W	Hours:	Min:		
Th.	Hours:	Min:		
F	Hours:	Min:		
Sa.	Hours:	Min:		<b>Notes and reflections:</b>
Su.	Hours:	Min:		

Please submit completed tracker to [\[Insert contact information\]](#) by [insert date] to qualify for [\[insert reward\]](#)