



EARNED. NOT GIVEN.

SLEEP & RECOVERY TRACKER

REST IS PART OF THE PROCESS.

Track your sleep. Recover better.
Perform stronger. Live better.



NAME: _____ START DATE: _____ END DATE: _____

DAY	BED TIME (PM)	WAKE TIME (AM)	TOTAL SLEEP (HOURS)	SLEEP QUALITY 1 (POOR) - 5 (EXCELLENT)	RESTED IN MORNING? (Y / N)	STRESS LEVEL 1 (LOW) - 5 (HIGH)	NOTES (HOW DID YOU FEEL?)
DAY 1				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 2				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 3				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 4				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 5				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 6				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 7				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 8				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 9				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 10				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 11				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 12				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 13				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 14				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 15				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 16				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 17				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 18				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 19				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 20				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 21				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 22				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 23				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 24				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 25				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 26				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 27				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 28				1 2 3 4 5	Y / N	1 2 3 4 5	
DAY 30				1 2 3 4 5	Y / N	1 2 3 4 5	



SLEEP GOALS

- ☐ Get 7-9 hours of sleep each night
- ☐ Go to bed at a consistent time
- ☐ Limit screen time before bed
- ☐ Create a dark, cool, quiet environment
- ☐ Stick to a pre-sleep routine
- ☐ Wake up and get sunlight in the morning



WEEKLY REFLECTION

WEEK 1 (DAYS 1-7) Avg. Sleep: _____
WEEK 2 (DAYS 8-14) Avg. Sleep: _____
WEEK 3 (DAYS 15-21) Avg. Sleep: _____
WEEK 4 (DAYS 22-30) Avg. Sleep: _____



RECOVERY FACTORS

- ☐ Nutrition on point
- ☐ Hydration on point
- ☐ Trained hard
- ☐ Active recovery / Mobility
- ☐ Managed stress
- ☐ Took rest day(s)



NOTES & TAKEAWAYS

TIP:

Sleep is when your body
builds muscle, restores energy,
and strengthens your mind.
Prioritize it. Protect it.



YOU DON'T HAVE TO BE EXTREME. JUST CONSISTENT.

