

Sleep & Recovery Daily Checklist

Track healthy habits that support restful sleep and daily recovery.

Healthy Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Go to bed at a consistent time							
Wake at a consistent time							
Avoid caffeine late in the day							
Limit screen time before bed							
Follow a relaxing bedtime routine							
Be physically active							
Practice stress management							
Get adequate sleep							