

# Sleep\* Chart

# Dream Diary

Sleep Pattern Log						
Bedtime	Waking Time	Hours Slept	Quality	Notes	Snacks	Exercise
Night 1:						
Night 2:						
Night 3:						
Night 4:						
Night 5:						
Night 6:						
Night 7:						

# MONTHLY MILESTONES

WAY TO GO!

WROTE MY FIRST NOUVELLA

FEATURED IN A PUBLIC GALLERY

JOINED AN ACAPPELLA GROUP

LEARNED TO PLAY THE OBOE

SAW A SONG IN PUBLIC

STARTED A PASSION PROJECT

COMPLETED A THESIS

BAKED FIRST BATCH OF COOKIES

HOSTED A PARTY POTLUCK

FINISHED A 5K MARATHON

FIRST PIANO RECITAL

FIRST RUN

# SLEEP TRACKER

# WORKOUT PLAN

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## WARM UP

- 10 respirations
- 5 head nods (up / down)
- 5 head turns (left / right)
- 5 shoulder shrugs
- 5 shoulder rolls backward
- 5 shoulder rolls forward
- 5 arm swings forward
- 5 arm swings backward
- 10 wrist circles
- 5 hip circles
- 10 heel taps
- 10 toe taps
- 10 ankle circles
- 20 seconds marching
- 5 slow respirations

## SET 1

- 5 partial squats
- **10 seconds rest**
- 5 right leg lifts
- 5 left leg lifts
- 10 calf raises
- 10 toe raises
- 5 wall push-ups
- **10 seconds rest**
- 5 knee lifts right
- 5 knee lifts left
- 5 arm raises forward
- 5 arm raises sideways
- 10 hand squeezes
- 20 seconds marching

## SET 2

- 30 seconds marching
- **10 seconds rest**
- 5 right side leg lifts
- 5 left side leg lifts
- 5 right back leg lifts
- 5 left back leg lifts
- 10 heel-to-toe taps
- **10 seconds rest**
- 5 arm circles forward
- 5 arm circles backward
- 10 heel raises
- 20 seconds walk in place
- 5 shoulder shrugs
- 10 seconds balance hold
- 5 slow respirations

## COOL DOWN

- 10 respirations
- 5 neck stretches right
- 5 neck stretches left
- 5 shoulder stretches right
- 5 shoulder stretches left
- 5 arm overhead stretches
- 10 chest open stretches
- 5 right side bends
- 5 left side bends
- 10 calf stretches
- 10 ankle flexes
- 10 hand stretches
- 5 deep respirations

**! remember to be careful !**