

Exercise sheet

Measure your 14 next fortnight



Night 1

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Night 2

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Night 3

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

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Night

4

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Night

5

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Night

6

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Night

7

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Exercise sheet

MEASURE YOUR 14 NEXT FORTNIGHT

Night

8

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Night

9

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Night

10

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Night

11

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																		<div></div>	<div></div>
Time spent in bed	<div></div>																		<div></div>	<div></div>

Exercise sheet

MEASURE YOUR 14 NEXT FORTNIGHT

Night

12

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																	<div></div>	<div></div>	
Time spent in bed	<div></div>																	<div></div>	<div></div>	

Night

13

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																	<div></div>	<div></div>	
Time spent in bed	<div></div>																	<div></div>	<div></div>	

Night

14

	8 p.m.	9 p.m.	10 p.m.	11 p.m.	0 a.m.	1 a.m.	2 a.m.	3 a.m.	4 a.m.	5 a.m.	6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 a.m.	13 a.m.	Total	Comments
Time spent sleeping	<div></div>																	<div></div>	<div></div>	
Time spent in bed	<div></div>																	<div></div>	<div></div>	

