

Evening

Day of week:	M	T	W	T	F	S	S
How many caffeinated drinks I drank from 2 p.m. onwards							
I did very energetic exercise (e.g. sport, run, gym, dance) in the morning/afternoon/after school							
I did gentle exercise (e.g. walk, yoga, stretches) in the morning/afternoon/after school							
Record anything that happened today which was either very exciting or very stressful/upsetting/worrying							
Record your general mood today: from very positive/relaxed to very negative/anxious							
<p>I did these things during the 2 hours before turning my light off:</p> <ul style="list-style-type: none"> • Exercise that raised my heart rate • Watched TV/film/video • Used social media/texting • Had an argument or was very annoyed/upset • Drank coffee or other caffeinated drink (including ordinary tea) • Did schoolwork 							