



Date:

# Track your SLEEP PROGRESS

Taylored 3-2-1 Sleep Principle + Debt Exercise.

		HOURS	RANKING
<b>Morning</b>			
MONDAY	HRV SCORE: <input type="text"/>	<input type="text"/>	☆☆☆☆☆
TUESDAY		<input type="text"/>	☆☆☆☆☆
WEDNESDAY		<input type="text"/>	☆☆☆☆☆
THURSDAY		<input type="text"/>	☆☆☆☆☆
FRIDAY		<input type="text"/>	☆☆☆☆☆
SATURDAY		<input type="text"/>	☆☆☆☆☆
SUNDAY	HRV SCORE: <input type="text"/>	<input type="text"/>	☆☆☆☆☆

## Summary

SUBTRACT 52.5

TOTAL WEEK HOURS SLEPT	<input type="text"/>	<input type="text"/>
------------------------	----------------------	----------------------

## Action Steps

- 
-