

MMM Lifestyle Sleep Journal

Daily Habits • Pattern Awareness • Sleep Quality



Morning Check-In

Today is _____ • I woke up at _____

How am I feeling this morning?

Meals – timing & how I feel after eating

Activity Level – movement & outdoor time

(walks, workouts, fresh air, rest)

Sleep-Specific Habits – what I'm focusing on today

My night routine *(everything within ~1 hour of bedtime)*

My bedtime is _____

Use this page to notice patterns – not to be perfect.