



Day 1

EAT & DRINK

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Day 1

MOVE & SLEEP

MOVE

Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	

Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	

SLEEP

Time to bed	
Time to sleep	
Time to wake	
Total hours	
Energy level	1 2 3 4 5 6 7 8 9 10 (Circle one)
Tracker data	
Other observations	



Day 2

EAT & DRINK

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EVALUATE

Day 2

MOVE & SLEEP

MOVE

Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	

MOVE

Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	

SLEEP

Time to bed	
Time to sleep	
Time to wake	
Total hours	
Energy level	1 2 3 4 5 6 7 8 9 10 (Circle one)
Tracker data	
Other observations	



Day 3

EAT & DRINK

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Day 3

MOVE & SLEEP

MOVE

Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	

Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	
Activity	
Duration	
Intensity	
Details	

SLEEP

Time to bed	
Time to sleep	
Time to wake	
Total hours	
Energy level	1 2 3 4 5 6 7 8 9 10 (Circle one)
Tracker data	
Other observations	