RACKER H A B

DATE:						GH	
	Su	M	Т	W	Τh	F	S
I Went to Bed at Bedtime							
I Woke Up to My Alarm							
I Only Used my Bed For Sleeping							
I Took A Less Than One Hour Nap							
I Ate Dinner At Least Two Hours Before Bed							
I Exercised At Least Three Hours Before Bed							
I Limited my Caffeine Intake							