

14-Day Sleep Improvement Plan

Improving My Sleep

Small, consistent changes often have the greatest impact on sleep quality.

My Sleep Goal

What would I like to improve?

One Sleep Habit I Want to Introduce

- ☐ Consistent bedtime
- ☐ Consistent wake-up time
- ☐ Less screen use before bed
- ☐ Reducing caffeine
- ☐ Relaxation routine
- ☐ Other:

Why Is This Important to Me?

14-Day Tracker

Day	Achieved My Goal?	Sleep Quality (1-10)
1	☐ Yes ☐ No	
2	☐ Yes ☐ No	
3	☐ Yes ☐ No	
4	☐ Yes ☐ No	
5	☐ Yes ☐ No	
6	☐ Yes ☐ No	
7	☐ Yes ☐ No	
8	☐ Yes ☐ No	
9	☐ Yes ☐ No	
10	☐ Yes ☐ No	
11	☐ Yes ☐ No	
12	☐ Yes ☐ No	
13	☐ Yes ☐ No	
14	☐ Yes ☐ No	

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