

DAILY WHEN TRACKER

Monday

Time	What am I doing?	How mentally alert do I feel?	How energetic do I feel?
7:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
10:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
1:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
2:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
4:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
5:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
7:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
10:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

Tuesday

7:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
10:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
1:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
2:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
4:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
5:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
7:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
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11:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

Daily “WHEN” tracker: For a more granular sense of your daily when, track your behavior systematically for a week. Set your phone alarm to beep every ninety minutes. Each time you hear the alarm, answer these three questions. Do this for a week. You might see some personal deviations from the broad pattern. For example, your trough might arrive earlier in the afternoon than some people or your recovery may kick in later. To track your responses, fill in the spaces.

Wednesday

Time	What am I doing?	How mentally alert do I feel?	How energetic do I feel?
7:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
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4:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
5:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
7:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
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10:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

Thursday

7:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
10:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
1:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
2:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
4:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
5:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
7:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8:30 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
10:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

Friday

7:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
10:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
1:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
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4:00 pm	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
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7:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
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Sunday

7:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
8:30 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
10:00 am	_____	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
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