

The Legacy Challenge

My Sleep Routine

How well do you sleep? Give yourself a score out of 10, or use a smiley face system.

My Current Sleep Score:



My Routine

Activity	Activity	Activity	Activity	Activity	Activity

After a few weeks, re-ask the question 'How well do you sleep?' Give yourself a new score/rating.

My New Sleep Score:

Write a short paragraph about how the new routine has helped you sleep and has it affected your performance at school or elsewhere?
