

Today's report Status

Measurement	Day before, bus ride home	Bedtime	Sleep	Breakfast	Morning	Hygien
Today	N/A	Not good	Not good	Nothing, I need to eat at school	Normal, nothing different	Great

Today's report Notes

Tuesday					
Bedtime	Sleep	Breakfast	Morning	Notes: Chapped lips	
Notes: 11:10pm - 3:15am	Notes: N/A	Notes: N/A	Notes: N/A		
Bus ride home			Hygien		
Notes: N/A			Notes: N/A		

Monday				
Bedtime: N/A	Sleep: N/A	Breakfest: N/A	Morning: N/A	Notes: No school
Notes: N/A	Notes: N/A	Notes: N/A	Notes: N/A	
Bus ride home: N/A			Hygien: N/A	
Notes: N/A			Notes: N/A	
Tuesday				
Bedtime: Not good, asleep after 10:30 pm	Sleep: Not good, slept for less than 5 hours	Breakfest: Nothing, I need to eat at school	Morning: Normal, nothing different	Notes: Chapped lips
Notes: 11:10pm - 3:15am	Notes: N/A	Notes: N/A	Notes: N/A	
Bus ride home: N/A			Hygien: Normal, nothing different	
Notes: N/A			Notes: N/A	
Wednesday				
Bedtime: Okay, asleep between 10:00 and 10:29 pm	Sleep: Great, slept for 9 - 8 hours	Breakfest: Nothing, I need to eat at school	Morning: Normal, nothing different	Notes: Chapped lips
Notes: 10:10pm - 7:10am	Notes: N/A	Notes: N/A	Notes: N/A	
Bus ride home: No crying			Hygien: Normal, nothing different	
Notes: N/A			Notes: N/A	
Thursday				
Bedtime: Great, asleep by 9:59 pm	Sleep: Great, slept for 9 - 8 hours	Breakfest: A little breakfast	Morning: Normal, nothing different	Notes: Chapped lips
Notes: 9:30pm - 6:10am	Notes: N/A	Notes: Chicken sandwich Fruit juice	Notes: N/A	
Bus ride home: N/A			Hygien: N/A	
Notes: Pickup			Notes: N/A	
Friday				
Bedtime: Great, asleep by 9:59 pm	Sleep: Great, slept for 9 - 8 hours	Breakfest: A little breakfast	Morning: Normal, nothing different	Notes: Chapped lips
Notes: 9:40pm - 6:00am	Notes: N/A	Notes: Chicken sandwich	Notes: N/A	
Bus ride home: More than 20 min to cool down			Hygien: Normal, nothing different	
Notes: Lots of crying			Notes: N/A	