

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		