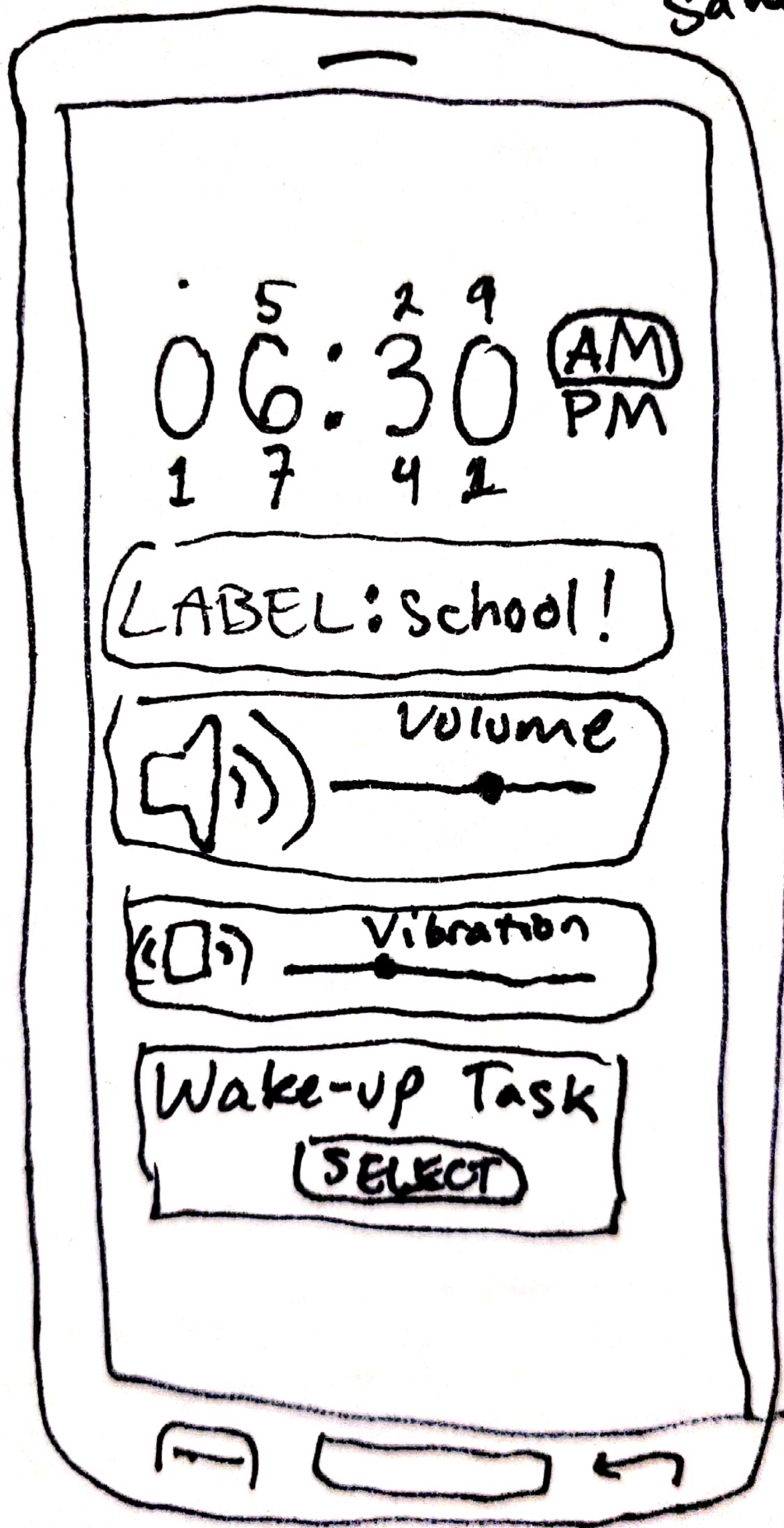
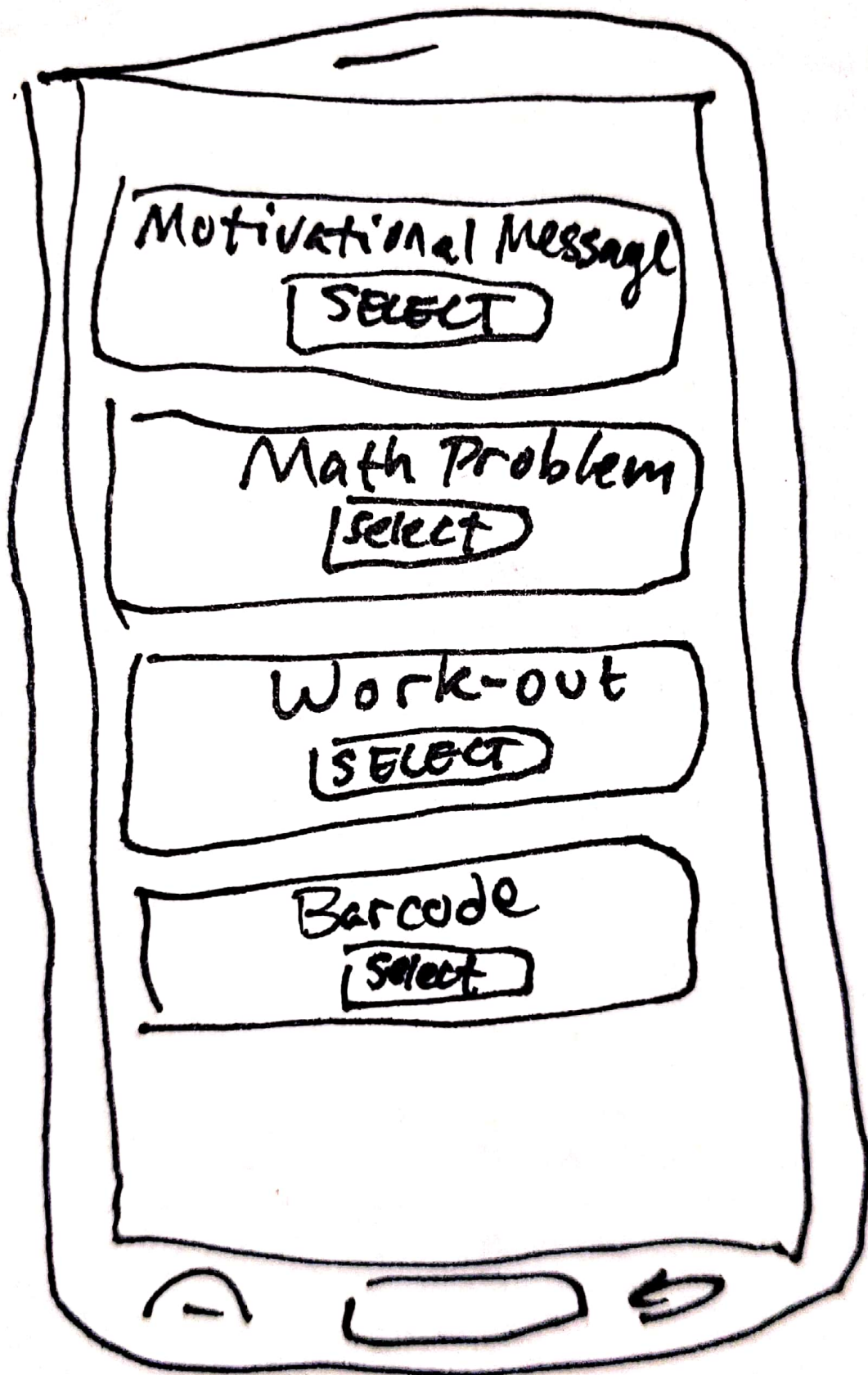


Jack  
Sakers



Jack  
Sahers



Jack  
Sakers

# Work-out

Push-ups  
Amount 10



Sit-ups  
Amount 20



Russian Twists  
Amount 30





Jack  
Sakers

Rate Sleep

Bedtime:

11:30 PM

Wake-up:  
7:30 AM

Sleep Time: 8 hrs

RATE

A ☐ ↶

Jack  
Sakers

## Rate Sleep

Restedness



Grogginess



Happiness



Total Rating: B<sup>+</sup>



Jack  
Sakers

## Leaderboard

- ⑧ Claire 214sp
- ⑧ Robert 200sp
- ⑧ Kenzie 162sp
- ⑧ Fred 97sp
- ⑧ You 89sp

Earn Sleep Points

A





Jack  
Sakura

