

Day	Time of Day	What You Consumed (Drink/Food)	Estimated Caffeine (mg)	Why You Consumed It	Energy Levels (1–5)	Sleep Quality (1–5)
1						
2						
3						

Caffeine Reference Guide:

- Coffee (8 oz) = ~95 mg
- Black tea (8 oz) = ~47 mg
- Soda (12 oz) = ~35 mg
- Energy drink (8 oz) = ~80–100 mg
- Chocolate bar (1.5 oz) = ~10–30 mg