

FREE 7-DAY TRACKER

SLEEP + ENERGY TRACKER

Seven days of noticing what happens around your sleep, energy, technology and everyday life.

THIS ISN'T A SCORECARD.

You're not trying to have seven 'good' days. You're collecting clues about you - what seems to support you, what seems to drain you, and what might be worth getting curious about.

WE'RE LOOKING FOR CLUES, NOT GRADES.

How to use it

Complete one check-in each day for seven days. Don't change everything just because you're tracking it. The useful part is seeing what your normal life actually looks like.

At the end of the week, use the reflection pages to look across the whole seven days. You don't need to prove cause and effect - just notice patterns that might be interesting enough to explore.

A note on technology: We're not assuming screens are 'bad'. We're noticing when and how you use technology, what you're consuming, and how you feel around it. Context matters.

FIONA HURLE | GENETIC INTELLIGENCE COACH

DAY 1 | NOTICE

SLEEP + ENERGY CHECK-IN

Don't aim for a 'good' day. Just record what happened.

SLEEP

Bedtime		Wake time		Approx. sleep	
Sleep quality	☐ Poor ☐ Fair ☐ OK ☐ Good ☐ Great				
Night waking	☐ None ☐ Once ☐ 2-3 times ☐ 4+ times				

MORNING

Energy on waking	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Morning daylight	☐ None	☐ <10 min	☐ 10-30 min	☐ 30+ min	
First screen after waking	☐ Immediately	☐ <30 min	☐ 30-60 min	☐ 1+ hr	

THROUGH THE DAY

Food / nourishment	☐ Patchy ☐ Reasonable ☐ Well nourished				
Hydration	☐ Low ☐ Moderate ☐ Plenty				
Caffeine	☐ None ☐ Morning only ☐ Afternoon/evening too				
Alcohol	☐ None ☐ Yes				
Movement	☐ Little ☐ Light ☐ Moderate ☐ Plenty				
Stress / mental load	☐ Low ☐ Moderate ☐ High ☐ Very high				
Technology use	☐ Light ☐ Moderate ☐ Heavy				
Genuine screen-free time	☐ Yes ☐ No				
Afternoon energy	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5				

EVENING + TECHNOLOGY

Technology before bed	☐ None ☐ A little ☐ Quite a bit				
What was I doing?	☐ Scrolling ☐ TV/streaming ☐ Work ☐ Reading ☐ Messaging ☐ Other				
Device in bed?	☐ Yes ☐ No				
When I put it down I felt...	☐ Calm ☐ Neutral ☐ Stimulated ☐ Stressed ☐ Wired				
Evening energy / state	☐ Flat ☐ Tired ☐ Calm ☐ Restless ☐ Wired				

Anything else worth noticing today? (hormones, symptoms, illness, pain, work, relationships, travel, unusual events, etc.)

SLEEP + ENERGY CHECK-IN

Don't aim for a 'good' day. Just record what happened.

SLEEP

Bedtime		Wake time		Approx. sleep	
Sleep quality	[] Poor [] Fair [] OK [] Good [] Great				
Night waking	[] None [] Once [] 2-3 times [] 4+ times				

MORNING

Energy on waking	[] 1	[] 2	[] 3	[] 4	[] 5
Morning daylight	[] None	[] <10 min	[] 10-30 min	[] 30+ min	
First screen after waking	[] Immediately	[] <30 min	[] 30-60 min	[] 1+ hr	

THROUGH THE DAY

Food / nourishment	[] Patchy [] Reasonable [] Well nourished				
Hydration	[] Low [] Moderate [] Plenty				
Caffeine	[] None [] Morning only [] Afternoon/evening too				
Alcohol	[] None [] Yes				
Movement	[] Little [] Light [] Moderate [] Plenty				
Stress / mental load	[] Low [] Moderate [] High [] Very high				
Technology use	[] Light [] Moderate [] Heavy				
Genuine screen-free time	[] Yes [] No				
Afternoon energy	[] 1 [] 2 [] 3 [] 4 [] 5				

EVENING + TECHNOLOGY

Technology before bed	[] None [] A little [] Quite a bit				
What was I doing?	[] Scrolling [] TV/streaming [] Work [] Reading [] Messaging [] Other				
Device in bed?	[] Yes [] No				
When I put it down I felt...	[] Calm [] Neutral [] Stimulated [] Stressed [] Wired				
Evening energy / state	[] Flat [] Tired [] Calm [] Restless [] Wired				

Anything else worth noticing today? (hormones, symptoms, illness, pain, work, relationships, travel, unusual events, etc.)

SLEEP + ENERGY CHECK-IN

Don't aim for a 'good' day. Just record what happened.

SLEEP

Bedtime		Wake time		Approx. sleep	
Sleep quality	[] Poor [] Fair [] OK [] Good [] Great				
Night waking	[] None [] Once [] 2-3 times [] 4+ times				

MORNING

Energy on waking	[] 1	[] 2	[] 3	[] 4	[] 5
Morning daylight	[] None	[] <10 min	[] 10-30 min	[] 30+ min	
First screen after waking	[] Immediately	[] <30 min	[] 30-60 min	[] 1+ hr	

THROUGH THE DAY

Food / nourishment	[] Patchy [] Reasonable [] Well nourished				
Hydration	[] Low [] Moderate [] Plenty				
Caffeine	[] None [] Morning only [] Afternoon/evening too				
Alcohol	[] None [] Yes				
Movement	[] Little [] Light [] Moderate [] Plenty				
Stress / mental load	[] Low [] Moderate [] High [] Very high				
Technology use	[] Light [] Moderate [] Heavy				
Genuine screen-free time	[] Yes [] No				
Afternoon energy	[] 1 [] 2 [] 3 [] 4 [] 5				

EVENING + TECHNOLOGY

Technology before bed	[] None [] A little [] Quite a bit				
What was I doing?	[] Scrolling [] TV/streaming [] Work [] Reading [] Messaging [] Other				
Device in bed?	[] Yes [] No				
When I put it down I felt...	[] Calm [] Neutral [] Stimulated [] Stressed [] Wired				
Evening energy / state	[] Flat [] Tired [] Calm [] Restless [] Wired				

Anything else worth noticing today? (hormones, symptoms, illness, pain, work, relationships, travel, unusual events, etc.)

SLEEP + ENERGY CHECK-IN

Don't aim for a 'good' day. Just record what happened.

SLEEP

Bedtime		Wake time		Approx. sleep	
Sleep quality	[] Poor [] Fair [] OK [] Good [] Great				
Night waking	[] None [] Once [] 2-3 times [] 4+ times				

MORNING

Energy on waking	[] 1	[] 2	[] 3	[] 4	[] 5
Morning daylight	[] None	[] <10 min	[] 10-30 min	[] 30+ min	
First screen after waking	[] Immediately	[] <30 min	[] 30-60 min	[] 1+ hr	

THROUGH THE DAY

Food / nourishment	[] Patchy [] Reasonable [] Well nourished				
Hydration	[] Low [] Moderate [] Plenty				
Caffeine	[] None [] Morning only [] Afternoon/evening too				
Alcohol	[] None [] Yes				
Movement	[] Little [] Light [] Moderate [] Plenty				
Stress / mental load	[] Low [] Moderate [] High [] Very high				
Technology use	[] Light [] Moderate [] Heavy				
Genuine screen-free time	[] Yes [] No				
Afternoon energy	[] 1 [] 2 [] 3 [] 4 [] 5				

EVENING + TECHNOLOGY

Technology before bed	[] None [] A little [] Quite a bit				
What was I doing?	[] Scrolling [] TV/streaming [] Work [] Reading [] Messaging [] Other				
Device in bed?	[] Yes [] No				
When I put it down I felt...	[] Calm [] Neutral [] Stimulated [] Stressed [] Wired				
Evening energy / state	[] Flat [] Tired [] Calm [] Restless [] Wired				

Anything else worth noticing today? (hormones, symptoms, illness, pain, work, relationships, travel, unusual events, etc.)

SLEEP + ENERGY CHECK-IN

Don't aim for a 'good' day. Just record what happened.

SLEEP

Bedtime		Wake time		Approx. sleep	
Sleep quality	[] Poor [] Fair [] OK [] Good [] Great				
Night waking	[] None [] Once [] 2-3 times [] 4+ times				

MORNING

Energy on waking	[] 1	[] 2	[] 3	[] 4	[] 5
Morning daylight	[] None	[] <10 min	[] 10-30 min	[] 30+ min	
First screen after waking	[] Immediately	[] <30 min	[] 30-60 min	[] 1+ hr	

THROUGH THE DAY

Food / nourishment	[] Patchy [] Reasonable [] Well nourished				
Hydration	[] Low [] Moderate [] Plenty				
Caffeine	[] None [] Morning only [] Afternoon/evening too				
Alcohol	[] None [] Yes				
Movement	[] Little [] Light [] Moderate [] Plenty				
Stress / mental load	[] Low [] Moderate [] High [] Very high				
Technology use	[] Light [] Moderate [] Heavy				
Genuine screen-free time	[] Yes [] No				
Afternoon energy	[] 1 [] 2 [] 3 [] 4 [] 5				

EVENING + TECHNOLOGY

Technology before bed	[] None [] A little [] Quite a bit				
What was I doing?	[] Scrolling [] TV/streaming [] Work [] Reading [] Messaging [] Other				
Device in bed?	[] Yes [] No				
When I put it down I felt...	[] Calm [] Neutral [] Stimulated [] Stressed [] Wired				
Evening energy / state	[] Flat [] Tired [] Calm [] Restless [] Wired				

Anything else worth noticing today? (hormones, symptoms, illness, pain, work, relationships, travel, unusual events, etc.)

SLEEP + ENERGY CHECK-IN

Don't aim for a 'good' day. Just record what happened.

SLEEP

Bedtime		Wake time		Approx. sleep	
Sleep quality	[] Poor [] Fair [] OK [] Good [] Great				
Night waking	[] None [] Once [] 2-3 times [] 4+ times				

MORNING

Energy on waking	[] 1	[] 2	[] 3	[] 4	[] 5
Morning daylight	[] None	[] <10 min	[] 10-30 min	[] 30+ min	
First screen after waking	[] Immediately	[] <30 min	[] 30-60 min	[] 1+ hr	

THROUGH THE DAY

Food / nourishment	[] Patchy [] Reasonable [] Well nourished				
Hydration	[] Low [] Moderate [] Plenty				
Caffeine	[] None [] Morning only [] Afternoon/evening too				
Alcohol	[] None [] Yes				
Movement	[] Little [] Light [] Moderate [] Plenty				
Stress / mental load	[] Low [] Moderate [] High [] Very high				
Technology use	[] Light [] Moderate [] Heavy				
Genuine screen-free time	[] Yes [] No				
Afternoon energy	[] 1 [] 2 [] 3 [] 4 [] 5				

EVENING + TECHNOLOGY

Technology before bed	[] None [] A little [] Quite a bit				
What was I doing?	[] Scrolling [] TV/streaming [] Work [] Reading [] Messaging [] Other				
Device in bed?	[] Yes [] No				
When I put it down I felt...	[] Calm [] Neutral [] Stimulated [] Stressed [] Wired				
Evening energy / state	[] Flat [] Tired [] Calm [] Restless [] Wired				

Anything else worth noticing today? (hormones, symptoms, illness, pain, work, relationships, travel, unusual events, etc.)

SLEEP + ENERGY CHECK-IN

Don't aim for a 'good' day. Just record what happened.

SLEEP

Bedtime		Wake time		Approx. sleep	
Sleep quality	[] Poor [] Fair [] OK [] Good [] Great				
Night waking	[] None [] Once [] 2-3 times [] 4+ times				

MORNING

Energy on waking	[] 1	[] 2	[] 3	[] 4	[] 5
Morning daylight	[] None	[] <10 min	[] 10-30 min	[] 30+ min	
First screen after waking	[] Immediately	[] <30 min	[] 30-60 min	[] 1+ hr	

THROUGH THE DAY

Food / nourishment	[] Patchy [] Reasonable [] Well nourished				
Hydration	[] Low [] Moderate [] Plenty				
Caffeine	[] None [] Morning only [] Afternoon/evening too				
Alcohol	[] None [] Yes				
Movement	[] Little [] Light [] Moderate [] Plenty				
Stress / mental load	[] Low [] Moderate [] High [] Very high				
Technology use	[] Light [] Moderate [] Heavy				
Genuine screen-free time	[] Yes [] No				
Afternoon energy	[] 1 [] 2 [] 3 [] 4 [] 5				

EVENING + TECHNOLOGY

Technology before bed	[] None [] A little [] Quite a bit				
What was I doing?	[] Scrolling [] TV/streaming [] Work [] Reading [] Messaging [] Other				
Device in bed?	[] Yes [] No				
When I put it down I felt...	[] Calm [] Neutral [] Stimulated [] Stressed [] Wired				
Evening energy / state	[] Flat [] Tired [] Calm [] Restless [] Wired				

Anything else worth noticing today? (hormones, symptoms, illness, pain, work, relationships, travel, unusual events, etc.)

WHAT DID YOU NOTICE?

Don't look for a perfect formula. Look for clues, contrasts and things that surprised you.

Which days did I feel best - physically, mentally or emotionally? What was different about them?

Which days felt harder? What else was happening?

What did I notice about my sleep and next-day energy?

Did food, hydration, caffeine, alcohol, movement, stress or daylight seem to show up alongside changes in my energy?

What surprised me?

WHAT HAPPENED AROUND MY SCREENS?

This isn't about declaring technology good or bad. Get curious about what different kinds of use seemed to do to your state.

Did evening screen use seem to relate to how easily I settled or slept?

Did certain types of content or activity leave me feeling calmer, more stimulated, stressed or wired?

Were there days when I had more genuine screen-free time? How did I feel?

Did technology seem to affect my energy, focus, stress or mood during the day?

What did I notice about reaching for a screen after waking?

IS THERE ANYTHING HERE I'M CURIOUS ENOUGH TO EXPERIMENT WITH?

Not a new rule for the rest of your life. Just something small you could try, notice and learn from.

CHOOSE ONE THING WORTH EXPLORING.

You have a week of information. You don't need to overhaul your sleep, diet, phone habits and entire life by Monday.

One pattern I'm curious about is...

One small experiment I could try is...

I'll try it for...

What will I pay attention to?

TRY. NOTICE. LEARN. ADJUST.

The goal isn't to become brilliant at tracking. It's to become better at noticing you.

NEED ANOTHER SET OF EYES?

Sometimes patterns are easier to see when someone helps you ask the questions.

Explore ways to work with me at fionahurle.com