

Adult Sleep & Wellness Tracking *with* REMplenish™

Jan / Feb / Mar / Apr / May / Jun / Jul / Aug / Sep / Oct / Nov / Dec

Day	Water Intake	Sleep Time	Sleep Quality	Snoring	Mood	Other Observations: <i>Wake ups, Dreaming, Fatigue, etc.</i>
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To achieve the best results, work up to drinking 40-60 ounces of water daily.
 Read instructions and watch the animation video on our website to ensure proper use.
 Print another sheet at <https://bit.ly/REMplenish-Sleep-Tracker-Adult>