# Brain Heatth <br> Sleep, Step, \& Water Tracker 

| Day | Hours of Sleep | \# of Steps | Ounces of Water |
| :---: | :---: | :---: | :---: |
| Monday | $E$ $\qquad$ | 888888 888888 | $\begin{aligned} & 9 \square \square \square \square \square \\ & \square 9 \square \square \square \square \end{aligned}$ |
| Tuesday | $8$ | 888808 <br>  | $\begin{aligned} & 9 \square \square \square \square \square \\ & \square \square \square \square \square \square \end{aligned}$ |
| Wednesday | $8 y$ |  | $\begin{aligned} & 999990 \\ & 009090 \end{aligned}$ |
| Thursday |  | 8880808 $880^{\circ} 80^{\circ}$ |  |
| Friday |  |  |  |
| Saturday |  |  <br>  | $\begin{aligned} & 9 \square 9 \square 9 \square \\ & \square 909 \square 0 \end{aligned}$ |
| Sunday | $E y$ |  <br>  | $\begin{aligned} & 9 \square \square \square 9 \square \\ & \square 90 \square \square 0 \end{aligned}$ |

$\square=8$ ounces of water

$$
0=1000 \text { steps }
$$

