# MERCER ISLAND FC — SLEEP LOG

## 7-Day Sleep & Recovery Tracker

★ TRACK YOUR SUPERPOWER ★



**Player Name:** _____ **Team / Age Group:** _____ **Week Of:** _____

### 🎯 SLEEP DURATION TARGETS

- **Ages 6–12:** 9 to 12 hours per night
- **Ages 12–16:** 8 to 10 hours per night

### 💡 PRE-BED CHECKLIST

📵 Screens off 45m prior ❄️ Cool room (65–68°F)

🌑 Pitch-dark bedroom 💧 Hydrate & protein snack

| 📅 DAY / DATE | 🛏️ BEDTIME | ⏰ WAKE TIME | 💤 TOTAL HOURS (Target: 8–10h+) | ⭐ SLEEP QUALITY (1 = Restless · 5 = Solid) | ⚡ MORNING ENERGY (1 = Sluggish · 5 = Ready) | 📝 DAILY TRAINING & RECOVERY NOTES (Match, heavy drill, soreness, tests) |
|---|---|---|---|---|---|---|
| **Monday** Day 1 | | | | ① ② ③ ④ ⑤ | ① ② ③ ④ ⑤ | |
| **Tuesday** Day 2 | | | | ① ② ③ ④ ⑤ | ① ② ③ ④ ⑤ | |
| **Wednesday** Day 3 | | | | ① ② ③ ④ ⑤ | ① ② ③ ④ ⑤ | |
| **Thursday** Day 4 | | | | ① ② ③ ④ ⑤ | ① ② ③ ④ ⑤ | |
| **Friday** Day 5 | | | | ① ② ③ ④ ⑤ | ① ② ③ ④ ⑤ | |
| **Saturday** Day 6 (Match Day) | | | | ① ② ③ ④ ⑤ | ① ② ③ ④ ⑤ | |
| **Sunday** Day 7 (Recovery) | | | | ① ② ③ ④ ⑤ | ① ② ③ ④ ⑤ | |

### ⚠️ SIGNS YOU NEED MORE SLEEP (TALK TO COACH / PARENTS)

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|---|---|---|---|---|
| Catching Colds / Getting Sick Often | Intense Junk Food / Sugar Cravings | Falling Asleep Instantly in Cars/Class | Waking Up Exhausted & Heavy Legs | Unusual Clumsiness / Mood Swings |

**SLEEP IS PART OF YOUR TRAINING! MIFC COACHES WANT YOU RESTED, SHARP, AND GAME-READY.**

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