Handout 4-A: Well-being Check-in

Session 1 · about 35 minutes, plus about 2 minutes a day of logging

You can't notice a change unless you know what "normal" looks like for you. This handout holds your baseline, a 7-day sleep and stress log, your early warning signs, and a sleep target. It is a working document, not a test.

My baseline (from the start of the week): average sleep ___ hours · stress ___ / 5

7-day log. Each morning, fill in your bedtime, wake time, and sleep quality. Each evening, fill in your stress rating and what drove it.

Log	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bedtime / wake time	…	…	…	…	…	…	…
Sleep quality (1–5)	…	…	…	…	…	…	…
Stress (1–5)	…	…	…	…	…	…	…
Main driver of stress	…	…	…	…	…	…	…

My early warning signs (at least 3): 1. … 2. … 3. …

My sleep target: … **One change I'll try this week:** …

Notes

- **Sleep range.** For most adults, sleep needs fall in the range of roughly 7–9 hours. For teens, it's roughly 8–10 hours. Use the Cornell Health page from Session 1 to set your own target.
- **Sensitivity.** Logging can feel stressful for some people. If tracking makes you anxious, keep it to a simple daily one-line note.
- **Low-tech floor.** Seven lines on a sheet of paper.

Options

A paper grid, a notes app, or a voice memo each evening.

Worked example

My baseline: average sleep 6 hours · stress 4 / 5

Log	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bedtime / wake time	12:30 / 6:30	1:00 / 6:30	1:30 / 7:00	12:00 / 6:30	12:30 / 7:00	1:00 / 8:30	12:00 / 6:30
Sleep quality (1–5)	3	2	2	3	3	4	3
Stress (1–5)	4	4	5	3	3	2	3
Main driver of stress	Stats problem set	Work shift ran late	Two deadlines on one day	Group chat drama	Paper outline	Nothing in particular	Planning the week

My early warning signs: 1. I stop eating lunch. 2. I start avoiding texts from friends. 3. I dread tasks I normally don’t mind.

My sleep target: 7 hours, in bed by 11:30 p.m. on weeknights. **One change I’ll try this week:** Charge my phone across the room so I’m not scrolling in bed.