The 14-Day Diary

Each evening (Chapter 4). **Tired** and **Stress**: 0 to 10. **Sleep**: hours, good or poor. **Drinks**: coffee, tea, alcohol. **Notes**: period, new medicine, other symptoms.

Day	Tired	Sleep	Drinks	Stress	Notes
1					
2					
3					
4					
5					
6					
7					

Days 8 to 14: use a second copy of this page. **After 14 days:** does tiredness follow short sleep, stress, your period, or is it steady whatever happens?