

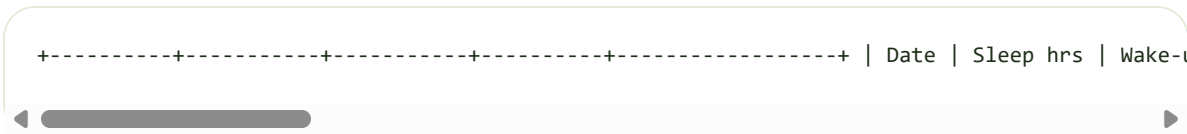


Sleep & Stress Tracker for Over 50

Track your sleep quality, stress levels, and daily energy — downloadable PDF

What's inside the tracker?

- 🌙 Nightly sleep log (hours, quality, wake-ups)
- 😊 Daily stress level (1-10 scale)
- ⚡ Energy rating and mood notes
- 📄 Space for medication, supplements, and doctor questions
- 📅 4-week printable format



 Printable PDF • 2 pages • Designed for adults over 50

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