

The right formula

Taking driving into the classroom

BMW Education

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The Ultimate
Driving Machine

Fitness and Nutrition – Theme 9: Staying alert

Template 9a

Sleep diary

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Time woke up in the morning							
Time got out of bed							
Energy used during day (scale 1-5, 5 highest)							
Time of last meal before bedtime							
Type of food eaten (full meal, snack, etc)							
Time of last drink before bedtime							
Type of drink (water, milk, coffee, fizzy, etc)							
Time gone to bed							
How relaxed were you (scale 1-5, 5 highest)							
Times woken up at night (0 if did not)							
Total hours of sleep							