

Worksheet - Rest & Balance Tracker

A weekly tracker to help families maintain a manageable routine during busy periods.

Week Beginning:

Sleep

Hours per night (write number):

Mon __ | Tue __ | Wed __ | Thu __ | Fri __ | Sat __ | Sun __

School / Homework Load

Light Medium Heavy

Training Sessions This Week

Number of sessions:

Were any of them very tiring?

Yes No

Rest Days

Days without training:

Did rest feel enough this week?

Yes Not really

Energy Level (Daily 1-5 Rating)

Mon __ | Tue __ | Wed __ | Thu __ | Fri __ | Sat __ | Sun __

Screen Time Review

Were there any days with high screen time?

Yes No

If yes, did it affect sleep or mood?

Yes No

Overall Balance

This week felt:

Balanced

A bit busy

Too busy

Hard to manage

Something to adjust next week: