

Bright Light Therapy Treatment Tracker

Directions: Use this treatment tracker to track your mood, energy and sleep quality while performing your bright light therapy treatment. Be sure to take note of any patterns and to make changes accordingly (i.e. if sitting under your light longer creates stronger results, adjust your treatment timing).

Note: Be sure to take into account outside factors such as eating habits, external stress factors, sleep schedule, etc.

DATE	TOTAL TIME IN FRONT OF LIGHT	EST. DISTANCE FROM LIGHT	AVERAGE MOOD THROUGHOUT THE DAY	SLEEP QUALITY	ENERGY LEVELS	ADDITIONAL NOTES