**Caffeine Consumption Week Log**

**Objective: This caffeine log has been provided in order to record the amount of caffeine you are consuming during the school week and the weekend. Please record all the caffeine consumed to the best of your capability in the time slot. I really hope you can fill out the whole week log as this is for my AP Exam score. By completing this survey, you will be entered in a raffle to earn a $20 gift card to the store of your liking.**

**MAKE A COPY OF THIS DOCUMENT AND SUBMIT IT TO MY EMAIL** [**a29047@student.ghchs.com**](mailto:a29047@student.ghchs.com)**.**

**EXAMPLE:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day of the week** | **Morning (6am-12)** | **Afternoon (12-6pm)** | **Evening (6-2am)** | **Night (2-6am)** |
| **Wednesday** | **Starbucks Grande Iced Coffee** | **Red Bull** | **5 Chocolate Chip Cookies** | **Half a cup of Coke** |

**\*Refer to the columns below for foods that contain caffeine**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day of the week** | **Morning (6am-12)** | **Afternoon (12-6pm)** | **Evening (6-2am)** | **Night (2-6am)** |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |







