

Light Exposure Tracker



Use the table below to log your exposure to natural and artificial light across key parts of the day. You can print this, use a digital version, or keep a simple notes app open.

Time Block	Where Were You?	Type of Light (Natural, Lamp, Overhead, Screen)	Lighting Level (Bright/Dim)	Screen Use? (Y/N)	Notes on Mood/Focus
6 AM - 9 AM					
9 AM - 12 PM					
12 PM - 3 PM					
3 PM - 6 PM					
6 PM - Bedtime					

What part of your day had the least exposure to natural light?

Where were you exposed to blue or artificial light close to bedtime?

When did you feel the most alert, and how did your light exposure contribute?