DAYLIGHT TRACKER

Use this tracker to record how much time you spend in daylight over two weeks. Colour in one sun for every 15mins you spend outdoors (walking to school/college/having lunch). Add up your total daylight exposure at the end of each day.

15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
15mins													
Day/ date													
Total daylight													

Remember:

- If we can even get 1-2 hours a day outside soaking up some light it can give us make us feel more energised so if you're a bit under that then see if you can add a few extra suns to your daily chart
- Get up as early as possible to catch as much daylight as possible as the days get shorter
- For an added serotonin boost then try to exercise outdoors during the daytime
- When outside try not to wear sunglasses as this will limit the amount of daylight our eyes detect and it may fool the body into thinkng it's getting dark