# Weekly caffeine tracker

*Up to 400 mg a day; last coffee about 9 hours before bed*

| Day | Drinks and times | ≈ mg | Last serving at | Sleep (1–5) |
|---|---|---|---|---|
| **Mon** | | | | |
| **Tue** | | | | |
| **Wed** | | | | |
| **Thu** | | | | |
| **Fri** | | | | |
| **Sat** | | | | |
| **Sun** | | | | |

- Espresso, 1 shot: ~63 mg
- Brewed coffee, 8 oz: 80–100 mg
- Black tea, 8 oz: 40–50 mg
- Green tea, 8 oz: 25–45 mg
- Energy drink, 16 oz: 150–300 mg