



Sleep Better

CHALLENGE

Get 7 to 8 hours of sleep a night

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to help you sleep 7 to 8 hours a night.
3. Use the calendar to record your actions and choices to build better sleep habits and make it a regular part of your life.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the practice for a lifetime of best health.

| MONTH: | | | | | | | HC = Health Challenge™ ex. min. = exercise minutes |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Weight & weekly summary |
| HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | |
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_____ Number of days this month I practiced positive sleep habits
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____