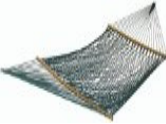


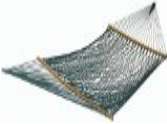





Healthy Sleep Challenge

Each day that you take at least 15 minutes for personal relaxation, check the “hammock” icon.
Likewise, check the “sleep” icon for each night you get a least 7 hours of sleep.
Goal: 8 points (one point for each checked box)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
