

SLEEP CHALLENGE



September 2016

It is recommended that adults get at least 7 hours of sleep each night. This will help us be more productive during the day. Please record the number of hours you sleep each night. Make it a goal to get 7 hours of sleep.

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Name: _____

Department: _____

Turn in your completed log electronically to wellatwork@jacksonnc.org or through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Park and Rec.** or fax to **(828) 293-3215**. Your log is due by **October 6, 2016**.