


# January Sleep Challenge

It is recommended that adults get at least 7 hours of sleep each night. This will help us be more productive during the day and also helps us feel better in general.  
Please record how many hours you sleep each night.  
Make it a goal to get at least 7 hours of sleep.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	31				

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by February 10th.