

Sleep Challenge



September 2019

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 through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by **October 10, 2019**.

