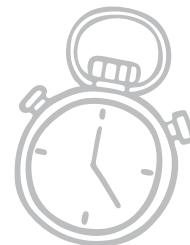




## The one week sleep challenge



Complete the chart by filling in the three daily boxes: the target for your earlier bedtime, whether you accomplished your mission, and the effect the extra sleep had on you.

| Days  | What time are you aiming to get into bed? | What time did you actually get into bed? | What time did you actually get into bed? |
|-------|-------------------------------------------|------------------------------------------|------------------------------------------|
| Day 1 |                                           |                                          |                                          |
| Day 2 |                                           |                                          |                                          |
| Day 3 |                                           |                                          |                                          |
| Day 4 |                                           |                                          |                                          |
| Day 5 |                                           |                                          |                                          |
| Day 6 |                                           |                                          |                                          |
| Day 7 |                                           |                                          |                                          |

