



Join us for the

SNOOZE-FEST CHALLENGE

AUGUST 1-31ST • TRACKER

Week	Challenge	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Added a stress relieving exercise at night							
2	Plugged phone away from bed							
3	Set a bedtime alarm							
4	Eliminated caffeinated foods/drinks & replaced with things to promote sleepiness							