

Sweet Dreams

June 1st—June 30th

The sweet dreams challenge invites you to track how much sleep you get each day for one month. Knowing how much you sleep is the first step to making sure you get enough sleep (7 to 9 hours for adults). Track how many hours you sleep each day. To complete the challenge, track for 25 days or more

June 1	June 2	June 3	June 4	June 5	June 6	June 7
June 8	June 9	June 10	June 11	June 12	June 13	June 14
June 15	June 16	June 17	June 18	June 19	June 20	June 21
June 22	June 23	June 24	June 25	June 26	June 27	June 28
June 29	June 30					

I've completed the challenge!

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org