



Health Challenge Calendar

Get Some Good Zzzzzz's!

Instructions

1. Post this record sheet where you will see it daily
2. Keep track of the days where you complete the Monthly Health Challenge and get 6-8 hours of good sleep.
3. At the end of the month, total the number of days you met the goal. You must meet this goal at least 16 days of the month to complete the Challenge. Then keep up this healthy practice for a lifetime of best health!
4. Keep this record for evidence of completion

March Health Challenge

1. Pay attention to the environment in which you sleep as well as your bedtime routines.
2. Make a conscious effort to get a minimum of 4 nights of good sleep each week.

MONTH

MARCH

HC = Health Challenge • ex. min. = exercise minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	

_____ number of days this month I completed the Health Challenge

_____ number of days I was physically active for at least 30 min

Other wellness projects completed this month:

Signature: _____ Date: _____