



Sleep Chart

OCTOBER SLEEP CHALLENGE

*Weekly Goal: 49-63 hours per week of sleep!
7-9hrs per night*

SAT	SUN	MON	TUES	WED	THUR	FRI
10/3						
10/10						
10/17						
10/24						

[CLICK HERE TO ENTER YOUR WEEKLY HOURS](#)

Note: Submit your hours each Saturday to receive points and be submitted to win. The last submission date will be on 10/31.

1 hr = 1 point