

# October 2021

**FOCUS:** Sleep

**CHALLENGE:** How many days can you get 7+ hours sleep?



MY GOAL FOR THIS MONTH: \_\_\_\_\_

How will I achieve this? \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1. SET A SMART GOAL FOR THE MONTH	2.
3.	4.	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15. REVIEW PROGRESS TOWARD YOUR GOAL	16.
17.	18.	19.	20.	21.	22.	23.
24.	25.	26.	27.	28.	29.	30.
31.						

Share your wellness achievements with us!

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