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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November Sleep Log

In honor of daylight savings ending on November 4th, we are happily challenging all corporate members to sleep for 7 hours per night for all 30 nights in November. Mark off any night you get 7 or more hours of sleep and also make note of when you hit the hay and rise-and-shine. Please turn your log into the Welcome Center by Monday, December 3rd.

Happy Sleeping!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 	3 	4 	5 
6 	7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 	19 
20 	21 	22 	23 	24 	25 	26 
27 	28 	29 	30 	Name: _____ Phone: _____ Email: _____		

A healthy partnership between



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