Challenge Log

November 2013

NAME: _____

EMAIL: _____

EMPLOYER: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHALLENGE LOG INSTRUCTIONS: • Fill out your name, email and employer at the top of your Challenge Log. • The challenge goal is to sleep for the recommended 7 to 9 hours every night. • Put a check mark over one moon for every hour of sleep you get each night. • Submit your completed Challenge Log by **December 6** to the Wellness Coordinator.					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

Wellness Coordinator Contact Information:

PHONE: (877) 517-6370 select Wellness Program Option or Direct: (907) 297-7350
Email: michael.difilippo@healthsmart.com
FAX: (907) 297-7365

HealthSmart® CARE MANAGEMENT SOLUTIONS

**Consult with your physician before making changes to your health habits.*