



SESSION 6 CHALLENGE

Follow the same bedtime routine every night. Track each night you complete the challenge. Review what you learned in the session below.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

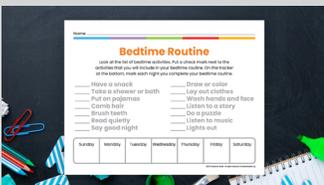
RECHARGE NIGHT AND DAY

- Aim to sleep 9-12 hours every night.
- A bedtime routine helps you get a good night's sleep.
- Take time to relax throughout the day to recharge your energy.
- Skip the energy drinks and sugary snacks. Move to boost your energy!
- Think *fit*. Be *fit*! Know your mood and make healthy choices!

LEARN MORE ONLINE

Visit fit.sanfordhealth.org and search the following resources.

BEDTIME ROUTINE



RECHARGE WORD SEARCH



LEARN MORE

- Bedtime Habits for Better Sleep
- Relaxation Activity for Kids