

# WEEK 3 CHALLENGE:

# SLEEP

NEW YEAR'S  
**REVOLUTION**

## CAFFEINE

You may rely on caffeine to wake up & get through the day but it may be effecting your sleep. It is recommended for adults to consume less than **135mg of caffeine** a day. Track your intake and try to stay under this goal to improve your sleep.

Sunday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Monday: \_\_\_\_\_

Friday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Saturday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

(1 cup of coffee on average contains 95mg of caffeine)

## SLEEP TRACKING

Experts recommend 7-9 hours of sleep a night for adults. How many hours of sleep are you getting every night?

Sunday: \_\_\_\_\_

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Saturday: \_\_\_\_\_

GOAL REACHED

## YOU COMPLETED WEEK 3!

Keep up with your sleep routine. Continue limiting your sugar, keep moving & get enough sleep. Next week, we'll tackle self care.