


Rediscover Health & Wellbeing Challenge

JUNE 2023

In celebration of Brain Awareness Month, the challenge for June is to improve cognition and health by keeping track of your sleep. Did you know, during sleep the brain sort of.... cleans itself, if you will. Fluids in the brain shift during sleep and remove plaque and waste products, making sleep very important to overall health! High quality shut-eye improves mood, reduces incidences of illness and stress.

The average adult needs somewhere between 7 - 9 hours of uninterrupted sleep each night. **This month, be intentional with your sleep schedule, and aim to get enough. Keep track how many hours you are able to get each night this month.**

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	



Earn up to 30 points (each day for the month of June)



Place a check mark for each day indicating a point based on your goal!

Daily goal includes nighttime sleep and naps (amount of hours in a 24 period).

MY GOAL (minimum of 7 hours)



- Dish Up with the Dietitian - Sleep and Metabolism (15 points)
- June 13th Lunch and Learn hosted by the Health Promotion Team (25 points)

Total Points Earned