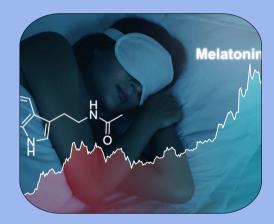




Monday 22nd July - Friday 26th July

# Team Challenge Schedule and Points

## Monday Science of Sleep



### July 22nd

Learn about the science of sleep!

#### 1 point:

 Watch a short video or read an article on the science of sleep.
 Journal what you learnt!

#### 2 points:

 Journal sleep patterns you notice and any factors that might be affecting your sleep quality.

## Tuesday Energy Goals



### July 23rd

Setting energy goals!

#### 1 point:

 Identify your energy peaks and troughs throughout the day.
 Journal how you could help this.

#### 2 points:

 Read the tips and set three energy goals for the day

## Wednesday Sleep Expert Webinar



## July 24th

Webinar with sleep expert!

#### 1 point:

 Attend the webinar with sleep experts,
 Earn an extra point by asking a question!

#### 2 points:

 Share one key takeaway from the webinar with the team in our team notice board in App.

## Thursday Top Tips Thursday



### July 25th

Learning top tips!

#### 1 point:

 Choose three sleep tips from the provided list – journal which ones you've chosen!

#### 2 points:

 Implement these tips today and journal any changes in your sleep quality or energy levels you've noticed..

## Friday Quiz Time



## July 26th

Challenge Quiz!

#### 1 point:

 Complete the Fatigue Fighter Quiz through journalling your answers.

#### 2 points:

 Reflect and share your learnings with the team.
 What changes have you noticed in your sleep or energy levels?