

Team Challenge Schedule and Points

Monday Science of Sleep	Tuesday Energy Goals	Wednesday Sleep Expert Webinar	Thursday Top Tips Thursday	Friday Quiz Time
				
<p>July 22nd Learn about the science of sleep!</p> <p>1 point:</p> <ul style="list-style-type: none"> • Watch a short video or read an article on the science of sleep. Journal what you learnt! <p>2 points:</p> <ul style="list-style-type: none"> • Journal sleep patterns you notice and any factors that might be affecting your sleep quality. 	<p>July 23rd Setting energy goals!</p> <p>1 point:</p> <ul style="list-style-type: none"> • Identify your energy peaks and troughs throughout the day. Journal how you could help this. <p>2 points:</p> <ul style="list-style-type: none"> • Read the tips and set three energy goals for the day 	<p>July 24th Webinar with sleep expert!</p> <p>1 point:</p> <ul style="list-style-type: none"> • Attend the webinar with sleep experts, Earn an extra point by asking a question! <p>2 points:</p> <ul style="list-style-type: none"> • Share one key takeaway from the webinar with the team in our team notice board in App. 	<p>July 25th Learning top tips!</p> <p>1 point:</p> <ul style="list-style-type: none"> • Choose three sleep tips from the provided list – journal which ones you've chosen! <p>2 points:</p> <ul style="list-style-type: none"> • Implement these tips today and journal any changes in your sleep quality or energy levels you've noticed.. 	<p>July 26th Challenge Quiz!</p> <p>1 point:</p> <ul style="list-style-type: none"> • Complete the Fatigue Fighter Quiz through journaling your answers. <p>2 points:</p> <ul style="list-style-type: none"> • Reflect and share your learnings with the team. What changes have you noticed in your sleep or energy levels?