

Sleep Challenge

Note: Bedtime and wake-up routines are listed every day, as you'll need to practice them each day in order for them to become a habit.

Day	Day	Day	Day	Day	Day	Day
1	2	3	4	5	6	7
<p>Spend some Family Team time with a Minute of Movement as a family in the morning.</p> <p>Bedtime: Listen to some relaxing sounds.</p> <p>Listen to Progressive Muscle Relaxation Instructions and Narration.</p> <p>Set your alarm.</p>	<p>Wake up on time (always getting up at the same time will help you to establish a bedtime). Eat breakfast. Try a Minute of Movement together. Have some Family Discussions of bedtime routines. Bedtime: Try some routines: read a book or story; choose a relaxing sound; Practice Muscle Relaxation. Set your alarm.</p>	<p>Wake up on time. Eat breakfast, and choose some bedtime routines as a family. Try another Minute of Movement, & explore more videos together. Bedtime: Turn on sound, complete your routine, including Muscle Relaxation. Set your alarm.</p>	<p>Wake up on time. Eat breakfast, & review bedtime routine; adjust as a family. Do a Minute of Movement. Take a Nutrition Plan a family meal. Bedtime: Practice routine, including Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Breakfast & review bedtime routine. Morning: Do a family Minute of Movement. Take a Feeling Good challenge, and have a family discussion of things to be grateful for. Bedtime: Practice routine, including Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Breakfast & family conversations. Complete family Moments of Movement. Do a Focus challenge; go for a family walk, or listen to a nature video, & focus on the sounds you hear. Bedtime: Practice routine, including Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Breakfast & conversations. Complete family Enerqizing mindful movement, & find more mindfulness videos on the Resilience page. As a family, create a Family Routine chart, and post it. Bedtime: Practice routine, including Muscle Relaxation Set alarm.</p>
8	9	10	11	12	13	14
<p>Wake up on time. Family breakfast. Try Chair Tabata Bedtime: Set out clothing for the next day. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Cardio Drumming Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Jumping Sticks Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Power Punching Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Deck o' Fun Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Yoga & Stretching Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Pumpkin Face/Raisin Face Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>

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15	16	17	18	19	20	21
<p>Wake up on time. Family breakfast Try Movement Flow</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Circuits</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Tabata Tuesday</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Wellness Wednesday</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Get Stronger</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Fun Friday</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Screen Time</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>
22	23	24	25	26	27	28
<p>Wake up on time. Family breakfast Try Lower Body Cardio Circuit</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Hip & Glute Mobility</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Tabata Tuesday</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Wellness Wednesday</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Leg Day</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Flex Friday</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Ball Handling</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>
29	30	31				
<p>Wake up on time. Family breakfast Try Stretches</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Gymnastics</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>	<p>Wake up on time. Family breakfast Try Turn up Tuesday</p> <p>Bedtime: Set out clothing. Bedtime routine. Muscle Relaxation Set alarm.</p>				