health matters

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Program Guidelines - Test Your Rest

- Sleep 7 - 9 hours each night
- Time begins when you get into bed and ends when you get out of bed

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.