

# The 30-Day SLEEP BETTER Challenge

## Wind Down Activity Tracker

To use the tracker:

- Select your nightly wind down activities (max: 4)
- Enter each activity into its own Wind Down Activity text box below
- For each day of the challenge that you complete that activity before bed, cross off that challenge day in the corresponding daily tracker box

Example:

<p>MY BEDTIME WIND DOWN ACTIVITY #1</p> <div style="border: 1px solid #ccc; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Read in bed for 10 mins</p> </div>	<p>DAILY TRACKER</p> <table border="1" style="border-collapse: collapse; text-align: center; width: 100%;"> <tr> <td><del>1</del></td><td><del>2</del></td><td><del>3</del></td><td>4</td><td><del>5</del></td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> </table>	<del>1</del>	<del>2</del>	<del>3</del>	4	<del>5</del>	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
<del>1</del>	<del>2</del>	<del>3</del>	4	<del>5</del>	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																						

MY BEDTIME WIND DOWN  
ACTIVITY #1

DAILY TRACKER

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

MY BEDTIME WIND DOWN  
ACTIVITY #2

DAILY TRACKER

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

MY BEDTIME WIND DOWN  
ACTIVITY #3

DAILY TRACKER

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

MY BEDTIME WIND DOWN  
ACTIVITY #4

DAILY TRACKER

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

