

10 DAYS PHYSICAL HEALTH CHALLENGE

PART ONE

January 7-9 (3)- Days -Healthy Sleep Habits

Incentive: Participants who complete the challenge (with honesty and proof) will receive a prize.

Example of Sleep Schedule Options

- 8 PM – 5 AM
- 9 PM – 6 AM
- 10 PM – 7 AM

	Age Range	Recommended Daily Sleep
Preschool	3-5 years	10-13 hours (including naps)
School-age	6-12 years	9-12 hours
Teens	13-18 years	8-10 hours
Adult	18 years older	7 or more hours

Some Key Benefits of Healthy Sleep

- Improves mood and reduces stress
- Enhances focus, learning, and memory
- Boosts energy and daytime alertness
- Strengthens the immune system
- Supports heart health and hormone balance
- Promotes muscle repair and overall wellness