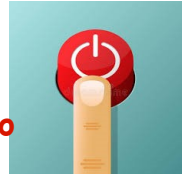


Shut Down

The Shut Down Challenge invites you to avoid any kind of media one hour before bed for 25 out of the next 30 days. This means turning off anything with a screen-computers, tablets, phones, and television- at least one hour before you go to bed. If you can get everyone in your household to be on board, it will be easier. Set a time that all devices will be turned off. Consider removing computers and TVs from the bedrooms. Charge your devices in a separate room if that helps avoid the temptation to turn them back on. Make the hour before bedtime a time to reconnect with the people you love, talk about events of the day, read a book, or play a game-and get ready to shut down. Track "YES" 25 times out of the next 30 days to complete this challenge.

END OF THE CHALLENGE
Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org



Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7
Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14
Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21
Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28
Mar 29	Mar 30	Mar 31				

SHUT DOWN

I've completed the challenge!

(Print Name)