



Great Start

Make Your Bed

The Great Start Challenge invites you to begin your day with a success-making your bed for 25 out of the next 30 days. There's no need to go crazy and achieve military bed-making standards. Fluff your pillows, pull up your sheets and bedspread, and tuck in any loose ends. You can make your bed in less than 60 seconds. If you wake up earlier than your sleeping partner, you can still gently straighten your side of the bed without any disruption. To complete the challenge, track "Yes" 25 days.

END OF THE CHALLENGE

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

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

I've completed the challenge!

(Print Name)