

Daily Routines and Habits

Use this check sheet to help you fully explore this semester's topic

Fall Semester Learning Path

Increase Your KNOWLEDGE

- ☐ Wellness In 30 September- Prepping for Sleep
- ☐ Wellness In 30 October- Stay Asleep
- ☐ Wellness In 30 November- Midlife Health
- ☐ Read a Wellness-Related Book
- ☐ View a Vendor Presentation
- ☐ Listen to a Wellness-Related Podcast

Perfect Your SKILLS

- ☐ Better Sleep Workshop
- ☐ Motivation and Willpower Workshop

PRACTICE

- ☐ Complete a 2-Week Challenge
- ☐ Complete the Train Your Brain Campaign

This Semester's RESOURCES

Books

- Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep
- The Miracle of Bio-Identical Hormones
- Outlive: The Science and Art of Longevity
- Quiet Your Mind and Get to Sleep
- The Sleep Revolution
- Sleep Mastery: The Complete Guide to Overcoming Insomnia, Increasing Energy, and Maximizing Daily Focus
- The Testosterone Syndrome
- Why We Sleep

Vendor Presentations

- Blomquist Hale:
 - [Sleeping Tips](#)
 - [Stress Management](#)
 - [Mindfulness and Stress Reduction](#)
 - [Parenting: Sleep Hygiene vs Power Struggles](#)
- PEHP:
 - [Sleep Food Mood Exercise](#)
 - [Healthy Aging](#)

Podcasts

- Mel Robbins Podcast: [Get Back on Track: 5 Evening Habits to Wake Up Focused, Recharged, and in Control](#)
- Huberman Lab: [Wind Down Routine](#)
- Sleep is my Waking Passion: [The Sleep Secret Every Exhausted Person Needs To Hear](#)
- Dr Sophie: [The Ultimate Guide to Better Sleep](#)