



HEALTHY BEHAVIORS LOG

NAME:	BUILDING:
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START DATE, SLEEP:	START DATE, SEATBELT SAFETY:
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SLEEP

Participants are required to track and submit their total hours of sleep per day for no less than 3 weeks. Sleep needs are based on an individual basis, however most research suggests that the average individual needs seven to eight hours of sleep per day to function at peak efficiency.

WEEK	HOURS MONDAY	HOURS TUESDAY	HOURS WEDNESDAY	HOURS THURSDAY	HOURS FRIDAY	HOURS SATURDAY	HOURS SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							

SEATBELT SAFETY

Participants are required to track and submit their seatbelt usage for a minimum of three weeks. Participants should only track days in which they use their seatbelt 100% of their driving time. Please place an X in each box in which you used a seatbelt 100% of your driving time.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							

Submit all logs via campus mail to Shawn Roderick at Hall McCarter Education Center
or send via email to sroderick@bssd.net.