

WEEK 15 of #YOUR2024STORY

Journal Prompt: *Unlocking the Power of Sleep for Fitness Success*

Reflection on Current Sleep Habits

Welcome to Week 15 of #Your2024Story This week, we're exploring a crucial yet often overlooked aspect of fitness success: the role of SLEEP

Journal Prompt

- 1.** How many hours of sleep do you typically get each night? Does this vary on the weekends or during different times of the year?
- 2.** Do you have a regular bedtime and wake-up time? If not, why not? Are there factors that influence when you go to bed or wake up?
- 3.** Please describe what your routine before bed looks like. Do you have any rituals or activities that help you relax and prepare for sleep?
- 4.** When you wake up in the morning, how do you feel? Do you feel refreshed and ready to start the day, or do you often feel still tired? How does this affect your morning routine?
- 5.** Do you use electronics such as your phone, tablet, or TV before bed? If so, how do you think this impacts your ability to fall asleep? Have you noticed any patterns or correlations?
- 6.** Are there changes you would like to make to improve your sleep habits? What are some steps you could take to implement these changes?
- 7.** Reflect on how your sleep affects your mood and productivity the next day. Are there specific instances where lack of sleep or a restless night had a significant effect?
- 8.** How do you feel about your current sleep habits overall? Are you satisfied or do you wish to make changes?
- 9.** Are there any specific concerns or issues related to sleep that you are currently dealing with? How are these affecting you?
- 10.** Are there any resources or strategies you've found useful in improving your sleep? If so, please share.

Remember, prioritizing quality sleep is not a luxury but a necessity for overall well-being and fitness success!