

Harker School Wellness Program / Sleep Log Name _____

Read “Your Guide to Healthy Sleep” and track / record your sleep each night for a month. Complete one log for each week of the month you are reporting on. Turn completed logs into HR to earn 20 points for this activity. After the initial month, additional month sleep logs may be completed for 10 points per month. (You must turn in a minimum of 28 days)

	Sunday Date: _____	Monday Date: _____	Tuesday Date: _____	Wednesday Date: _____	Thursday Date: _____	Friday Date: _____	Saturday Date: _____
Time you went to bed.							
Time you woke up.							
Quality of sleep, on a scale of 1-10 (1=poor/10=great)							
Did you wake up during the night? If yes, how often?							
Were you tired during the day?							

Signature _____ Date _____

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness reward. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness reward.

RETURN COMPLETED FORM WITHIN 30 DAYS OF THE MOST RECENT EVENT RECORDED ABOVE TO RECEIVE CREDIT. ALL FORMS FOR THE QUALIFYING PERIOD MUST BE RECEIVED BY DECEMBER 6, 2021. Forms may be submitted via, email: hr@harker.org , fax: 408-553-5774, or inter-office mail to HR at Union.