



Lesson 18: Homework

- 1) Use the hourly planner provided to schedule your time so that you are sure to get enough quality sleep. Don't forget to print one for each day of the week!
(Worksheet 1)
 - a. Don't forget to schedule exercise and personal relaxation into your daily routine.
 - b. Go to bed by 10 pm to activate your fat-burning hormones!
- 2) Choose one of the ways in this lesson that you can improve your sleeping habits and plan a way to do it. (Worksheet 2)
- 3) Continue to follow the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

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Worksheet 1: Scheduling Time for Relaxation and Quality Sleep

Schedule time for relaxation, self-care, sleep, and other lifestyle essentials. Plan other events in advance to make sure you have the time you need.

Day of the Week: _____

Time	Morning/ Early Afternoon Schedule	Time	Afternoon/ Evening Schedule
7:00		3:00	
7:30		3:30	
8:00		4:00	
8:30		4:30	
9:00		5:00	
9:30		5:30	
10:00		6:00	
10:30		6:30	
11:00		7:00	
11:30		7:30	
12:00		8:00	
12:30		8:30	
1:00		9:00	
1:30		9:30	
2:00		10:00	
2:30		SLEEP!	

Worksheet 2: Sleeping Habits

Improving your sleep habits will accelerate your weight loss progress and keep you healthy for life!

1. Cut caffeine and stimulants from your diet.

My plan: _____

How it helped: _____

2. Follow a regular sleep pattern. Go to bed and get up at the same time every day.

My plan: _____

How it helped: _____

3. Don't nap to make up for a poor sleep schedule.

My plan: _____

How it helped: _____

4. Stop eating three hours before bed.

My plan: _____

How it helped: _____

5. Make sure your room is COMPLETELY dark.

My plan: _____

How it helped: _____

6. Get rid of noise or purchase a “white noise” machine.

My plan: _____

How it helped: _____

7. Breathe slowly and deeply until you fall asleep.

My plan: _____

How it helped: _____

8. Develop an evening sleep routine.

My plan: _____

How it helped: _____

9. Save your bed for sleep. Don’t take work with you to bed.

My plan: _____

How it helped: _____

10. Try some light reading to ease your mind.

My plan: _____

How it helped: _____

11. Take a Solutions4 Herbal Stress Relief supplement to relax before bed.

My plan: _____

How it helped: _____
