

In 3-5 sentences, write about your experience with the Module 5 challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

For module five, I chose to do the sleep challenge. I already have some healthy sleeping habits established, however, I know there are some things I need to change in order for me to have a better sleep. A healthy sleeping habit that I already established long before I started this class, is having a consistent bedtime/wake up time schedule. I am a firm believer in having at least seven hours of sleep is very important for the mind and body. One habit I tried to incorporate into my routine was to stop using electronics 30 minutes before bed. I must say this was a challenge for me, but I pushed through and I felt better when I had that 30 minutes without my phone before bed. I usually exercise not long before I go to sleep, and I have noticed that exercising before bed has made it difficult for me to fall asleep. I now plan on exercising a few hours before I go to bed.

Indicate whether you will be completing one of the suggested challenges that are stated above in the instructions, *or* if you will be creating your own challenge.

- **If you are completing your own challenge then this should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do. Regardless of the challenge you complete for this week it needs to relate to exercise.**
- **In the space below, write which challenge you intend to complete. If it's your own challenge, then please describe what it is (as opposed to just saying that you will do your own challenge.)**

For module six, I decided to do the body weight and obesity challenge that is listed above.