

# PUTTING FAMILY FIRST CHALLENGE!

## March 2009



**HERE'S HOW TO PLAY:** Did you spend a minimum of 21 minutes of table time together? If YES - COLOR THE GAME PIECE!

Did you get to bed on time and STAY in bed? If YES - COLOR THE SHEEP! Contest runs March 2nd - 24th, 2009 • 21 days need to be completed in order to be eligible for prizes. That means each family gets two free passes for those nights when it just won't work! HAVE FUN!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday														
<p><b>DID YOU KNOW:</b> The University of Michigan Health System publishes sleep guidelines for children!</p> <table border="1"> <thead> <tr> <th>Age (years)</th> <th>5</th> <th>7</th> <th>9</th> <th>10</th> <th>13</th> <th>15</th> </tr> </thead> <tbody> <tr> <td>Hours of sleep needed</td> <td>11.0</td> <td>10.5</td> <td>10.</td> <td>9.5</td> <td>9.0 - 9.5</td> <td>8.5 - 9.0</td> </tr> </tbody> </table>						Age (years)	5	7	9	10	13	15	Hours of sleep needed	11.0	10.5	10.	9.5	9.0 - 9.5	8.5 - 9.0	<p>PREPARE for the Putting Family First Challenge TODAY!</p>
Age (years)	5	7	9	10	13	15														
Hours of sleep needed	11.0	10.5	10.	9.5	9.0 - 9.5	8.5 - 9.0														
2	3	4	5	6	7	8														
9	10	11	12	13	14	15														
16	17	18	19	20	21	22														
23	24	25	26	27	28	29														
30	31	<p>Send completed form today for a chance to win an awesome family get-away!</p> <p>Mail to: Putting Family First Challenge 5270 Yvette Street • Greenfield, MN 55357</p>				<p>Name: _____ Address: _____ Phone: _____ Signature: _____</p>														