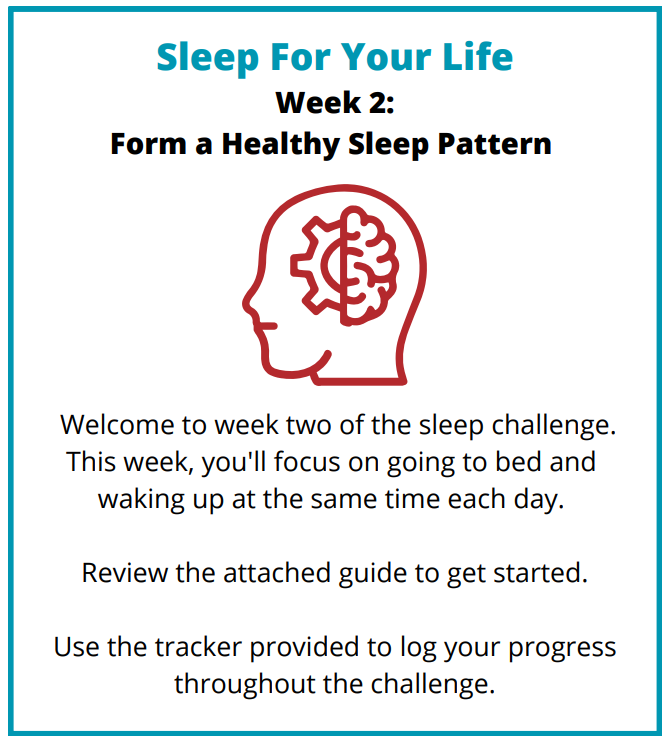
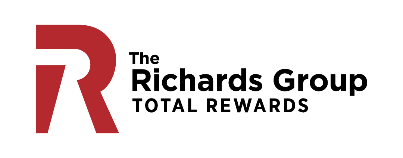
**Subject Line****: Sleep for Your Life - Week 2**

**Attachments:**

* **Week 2 Guide**
* **Challenge Tracker**



**Submit your completed challenge tracker to Human Resources by [Insert Date] to be entered into a prize raffle for [Insert Raffle Prize].**