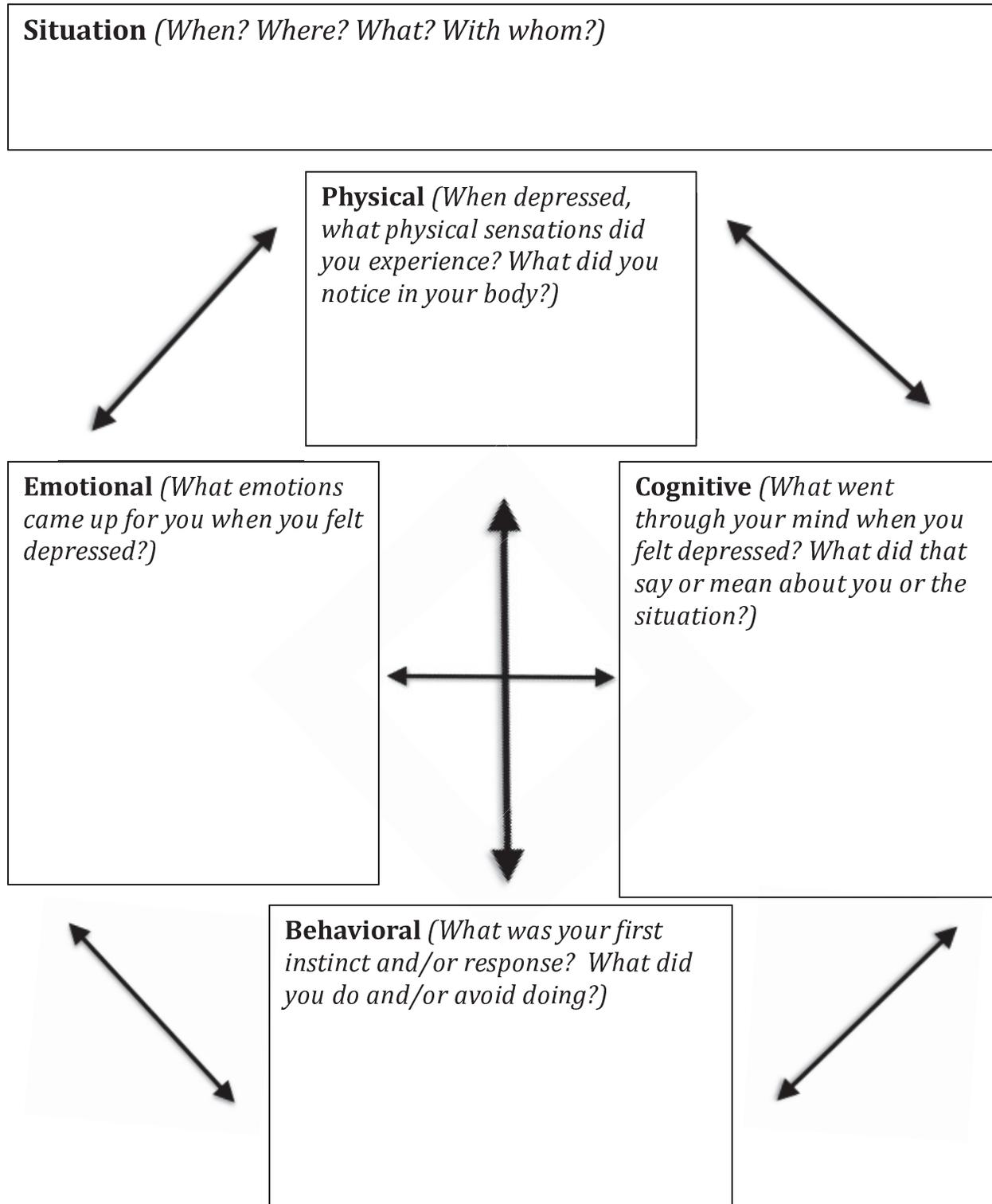


Session 1 Homework Assignments

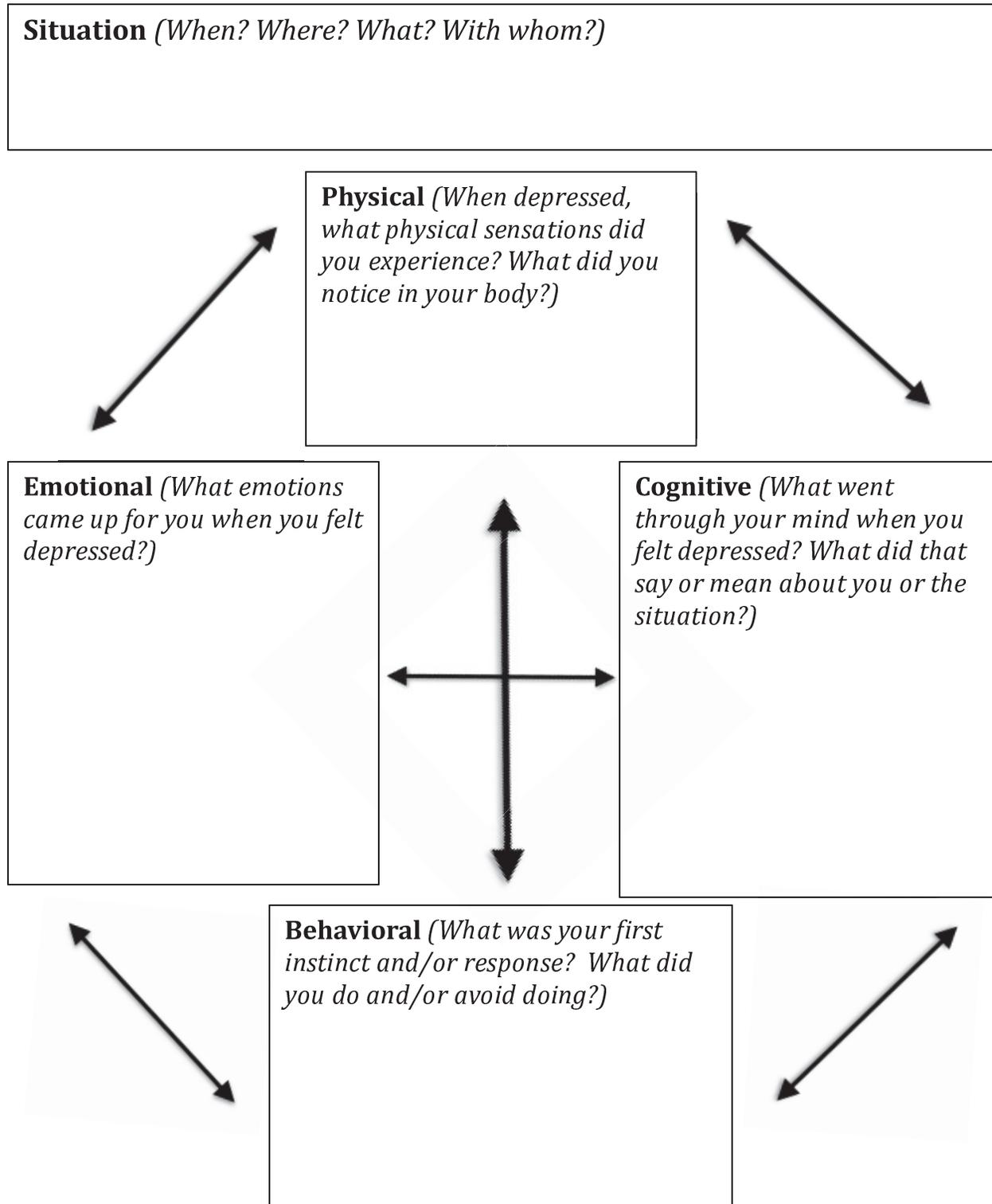
Homework 1: Complete at least one cross sectional formulation for review next week (multiple blank copies provided starting on page 12).

Homework 2: Implement one sleep hygiene and one exercise tip over the next week.

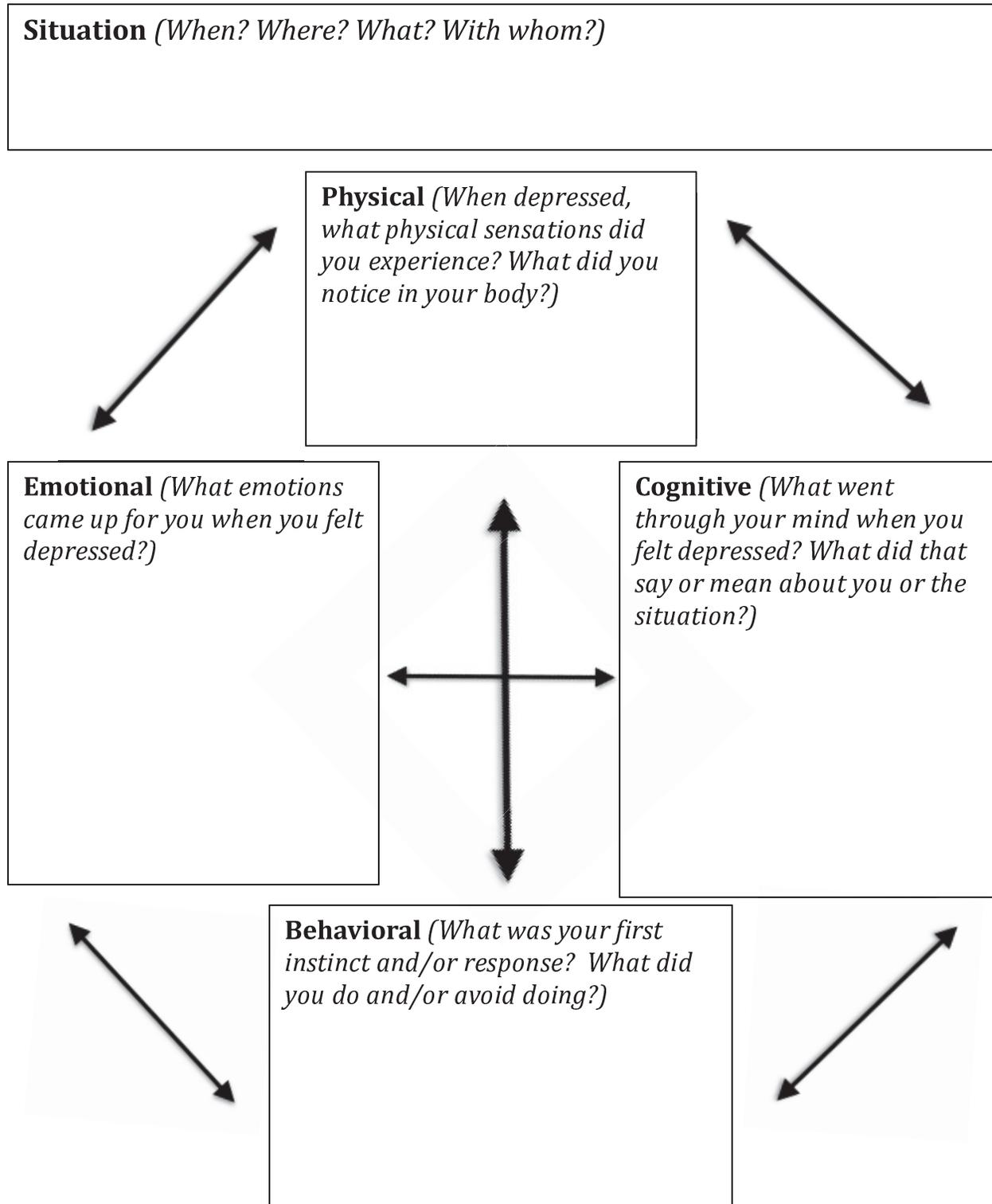
Cross Sectional Formulation



Cross Sectional Formulation



Cross Sectional Formulation



Cross Sectional Formulation

