



USLOOBI

— WALK —



LOOBI QUICK TIP #01



A good
tomorrow
starts
tonight.



BETTER SLEEP
BETTER ENERGY



A full night of
sleep helps me:

- ⚡ Feel more energy
- 😊 Think more clearly
- 🚶 Enjoy my walks!



Loobi

Small steps today, big changes tomorrow.



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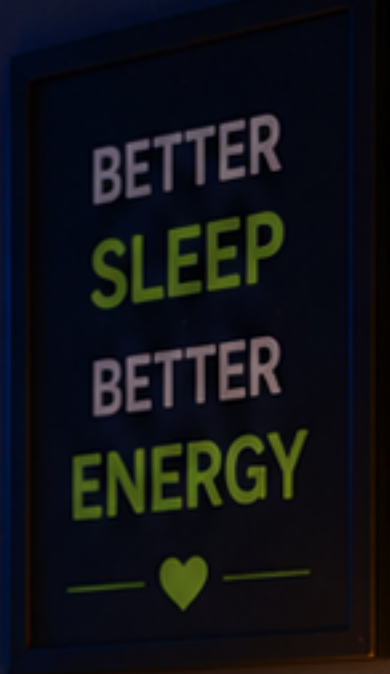


USLOOBI

— WALK —



LOOBI QUICK TIP #02



My phone
can wait.

My sleep
can't.



LET'S MAKE IT A HABIT!



Put your
phone away.
Give your mind
a break.



Read a little
instead.
Calm your mind,
prepare for sleep.



Better sleep
tonight.
More energy
tomorrow!



YOU'RE DOING GREAT!

Small choices tonight,
big energy tomorrow.



Sleep well,
Loobi!





USLOOBI

— WALK —



LOOBI QUICK TIP #03



Time to
rest and
recharge.



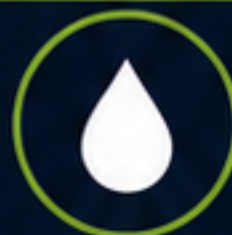
GOOD SLEEP HABITS



Go to bed
at a good time.



Keep the room
dark and calm.



Drink water
earlier.



Breathe deep,
relax, and let go.



Small steps tonight,
BIG ENERGY tomorrow!





USLOOBI

— WALK —



LOOBI QUICK TIP #04



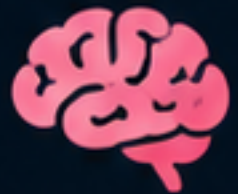
Good sleep
gives me
energy for
tomorrow.



★ WHY GOOD SLEEP MATTERS ★



More energy
for your walks
and daily life.



Better focus
to learn, plan
and remember.



Better mood
feel happy,
stay positive.



Stronger body
your body heals
while you sleep.



I'm building
a better me,
one good night
at a time.



Sleep is my superpower.
What's yours?



REST TONIGHT. RISE STRONG TOMORROW. ★





USLOOBI

— WALK —



LOOBI QUICK TIP #05



I slept well.

I'm ready for
a great day!



COURSE COMPLETE!



You completed:

Better Sleep, Better Energy



★ YOU DID IT! ★



You built better
sleep habits.



You'll have more
energy each day.



You're ready for
amazing walks.



You're building
a better you!



NEXT COURSE:

First 1,000 Steps



Loobi

Small steps today, big changes tomorrow.



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