

## Your Weekly Boost: April 12

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Date: Sunday, April 12, 2020, 3:38 PM EDT

Think small moves for big wins.

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If the big goals are seeming a little *too* big right now, cut yourself some slack and start by making some of these small changes.



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## See how COVID-19 is impacting sleep

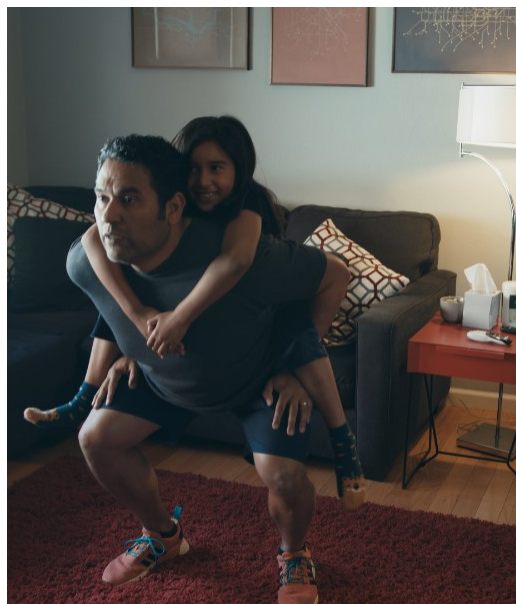
Fitbit data is showing a huge shift in sleep patterns and bedtime for locations



## Here's a little something to help

Whether you're doing your part on the front lines or by staying at home, it's important to take care of yourself. Fitbit is here to make that easier.

**Watch the Video** →



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