

# Wellness Board Challenges and Activities

# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Name:

Challenge  
of  
the Month:

Exercise 3 hours per week. Can be done at 1/2 hour segments broken down if needed. Form must be turned in no later than 5:00pm on August 4th, 2010.

Incentive:

**2 hours paid time off!!!!!!**

				Initials:	1	2	3
						BUDDY WALK!! GRAB A BUDDY TAKE A SHORT LUNCH WALK	
4	5	6	7		8	9	10
	Initials:					BUDDY WALK!! GRAB A BUDDY TAKE A SHORT LUNCH WALK	
11	12	13	14		15	16	17
	Initials:					BUDDY WALK!! GRAB A BUDDY TAKE A SHORT LUNCH WALK	
18	19	20	21		22	23	24
	Initials:					BUDDY WALK!! GRAB A BUDDY TAKE A SHORT LUNCH WALK	Starlight Stroll at Chisholm Trail Park 8:30 p.m.
25	26	27	28		29	30	31
	Initials:					BUDDY WALK!! GRAB A BUDDY TAKE A SHORT LUNCH WALK	

## Wellness Board Challenges and Activities Guidelines

1. Incentives for completing the Wellness Challenges will be drawn once a month. Incentives will vary from month to month. Only one name will be drawn.
2. Weekly Wellness Challenges must be completed to be eligible for drawing.
3. Monthly Wellness Challenge and Buddy Walk (each week) upon completion, your name will be entered in the drawing one additional time. A Wellness Board member must verify attendance by initialing your calendar for the Monthly Wellness Challenge.
4. Calendars must be turned in to Linda Jaske in the Housing Department by the date listed on the Challenge of the Month section to be eligible for the drawing.
5. Drawings for the incentives will be conducted on the day after the calendars are to be turned in. Winner will be notified by e-mail, phone or in person and instruction given on how to obtain incentive.

**NOTE: This month's activity will be a "Starlight Stroll" at Chisholm Trail Park in Belton on July 24<sup>th</sup>, 2010 beginning 8:30 pm promptly. The park is located in the northeast section of Belton, just off Lake Road/FM 439 close to Belton High School. Detailed directions are below. This glowing event will include refreshments, snacks and a lustrous surprise. The park has a mile lighted walking trail and a nature center. We will meet in the parking lot. This is one event you do not want to miss! Family members and walking buddies are encouraged to attend.**

### Directions:

1. Start out going NORTH on W CALHOUN AVE toward N 13TH ST. 0.0 mi
2. Turn RIGHT onto N 13TH ST. 0.1 mi
3. Turn RIGHT onto W ADAMS AVE/TX-53 W. Continue to follow W ADAMS AVE. 5.9 mi
4. Turn LEFT onto TX-317. 2.7 mi
5. Turn SLIGHT RIGHT onto LAKE RD/FM 439. 1.2 mi
6. Turn LEFT onto DROVERS RUN. 0.1 mi
7. Turn RIGHT onto CEDAR CREEK DR. 0.1 mi
8. Turn LEFT onto DUNNS CANYON RD. 0.1 mi
9. Chisholm Trail Park, 3115 DUNNS CANYON RD is on the LEFT.