

Wellness Board Challenges and Activities

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Name:

	Initials: 1	2	3	4	5	6
	Challenge incentive: Goodie Basket					
7	Initials: 8	9	10	11	12	13
			SIGN UP SHEET FOR COOKING CLASS DUE BY 3:00PM			
14	Initials: 15	16	17	18	19	20
	HEALTHY COOKING CLASS W/SAMPLES 6:30PM - 7:30PM ROSE HALL					
21	Initials: 22	23	24	25	26	27
28	Initials: 29	30	31	Challenge of the Month: Walk 3 1/2 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 April 5th, 2010.		

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 upon participation, your name will be entered in the drawing an additional time. A Wellness Board member must verify attendance by initialing your calendar.
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 healthy cooking class. The class will be held at Rose Hall. Class time is from 6:30pm – 7:30pm. Samples of items prepared will be offered. Employees and spouses are welcome. Please sign up on the sign up sheet prior to the deadline to ensure you have a space. Spaces are limited.