

GET Active! STAY Active!



4-week Workplace Wellness
Summer Challenge

JULY 17 - AUGUST 11

Name: _____

E-mail: _____

MON	TUE	WED	THU	FRI
Challenge starts 17 Kick-off event _____ min	18 _____ min	19 _____ min	20 _____ min	21 _____ min
24 _____ min	25 _____ min	26 _____ min	27 _____ min	28 _____ min
31 _____ min	August 1 _____ min	2 _____ min	3 _____ min	4 _____ min
Civic Holiday 7 _____ min	8 _____ min	9 _____ min	10 _____ min	Challenge ends 11 Wrap-up event - Poker Walk _____ min