

Don't forget to track your challenges and let us know how many people participated, you can use this form, or create one of your own. These Wellness Your Way challenges can count towards your quarterly wellness activities, so be sure to report them on your grant forms too!

Employer

Group: _____

Challenge Name:	Date of Challenge:	Number of Participants:
5210 Everyday		
Active Errands		
Attitude of Gratitude		
Back to Basics		
Berries for Breakfast		
Brain Power		
Breakfast Time		
Brown Bagging It		
Cabin Fever Reliever		
Complaining or Complimenting		
Cut the C.R.A.P.		
Do Something You Love		
Don't Over Sit Your Welcome		
Eat Your Veggies		
Facetime Not Facebook		
Fiscally Fit		
Focus on Food Logging		
Go Green		
HIIT the Ground Running		
Holidaze Craze		
I Won't Drink to That		
Love and Admiration		
Matter of Balance		
Measure Up		
Mile a Day		
No News is Good News		
One Simple Thing		
Perfectly Portioned		
Practice the Power of Silence		
Primarily Plants		
Random Acts of Kindness		
Recipe Round Up		
Re-Measure Up		
Seek the Sun Safely		
Sitting and Sore No More		

Skip the Salt		
Smell the Roses		
Spring Sleep In		
Step Up		
Strengthen Your Grip		
Stretch It Out		
Sweat NOT Sweets		
Take a Hike		
Tech Detox		
Tune In and Tone Up		
Wake Up with Water		
Water Weight		
Words of Wisdom		
Your Presence is a Present		
Your Sweet Enough		
Zip Your Lip		