

# CHALLENGE U!

- **4 Week Worksite Wellness Program** where you will earn points for participating in healthy behaviors such as:  
Exercising, eating fruits and veggies, meditating, drinking water or reading a book
- **Set your own weekly point goal (50 points minimum/week)**
- **Track points weekly on the score sheet provided and turn in to (contact person) every (day of week) by (time of day)**
- **For each week you reach your goal your name will be entered into a drawing for the final CASH PRIZE! You could potentially have your name in the drawing 4 times! The winner will be announced on (enter date)**
- **Program starts on (start date) and ends on (end date)**
- **If you are going on vacation, but still want to participate a log sheet can be given to you before you leave and handed in when you return**

**More information available on the top of the activity point sheet and the weekly score sheet.**