**30 Day Challenge!**

Instructions: During the month of April, we encourage you to focus on your overall health and well-being. There are 36 challenges on the chart below – complete 30 of them during the month for a chance to win a prize. (In order to promote a month-long wellness focus, you can complete a max of 2 challenges per day). At the end of the month, turn your completed chart into HR for a chance to win 1 of 30 $15 gift cards (Scheels, Hugos, Target)! There will also be one grand prize winner for a massage gift certificate!

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| Take a 15 minute walk outsideDate completed: | Use a reusable shopping bagDate completed: | Read for 30 minutesDate completed: |
| Write a “To Brighten your Day Note”Date completed:  | Eat a meal outsideDate completed:  | Stretch for 10-15 minutesDate completed:  |
| Declutter a space in your homeDate completed:  | Listen to an inspirational podcastDate completed:  | Call someone you loveDate completed:  |
| Create a bucket listDate completed:  | Donate something you never useDate completed:  | Drink only water todayDate completed:  |
| Take a 24 hour social media breakDate completed:  | List out 3 things you are thankful forDate completed:  | Test out the massage chair at workDate completed:  |
| Watch the sunriseDate completed:  | Spend 15 minutes listening to natureDate completed:  | Watch a documentary such as Forks over Knives, Game Changers, or What the HealthDate completed:  |
| Spend 20 minutes with a resident on your off timeDate completed:  | Eat a fruit with every mealDate completed:  | Make a healthy dessertDate completed:  |
| Spend time with a friendDate completed:  | Cook your favorite mealDate completed:  | Visit the Y or Choice with your free 3 day passDate completed:  |
| No TV todayDate completed:  | Have a no spend dayDate completed:  | Connect with someone newDate completed:  |
| Eat a vegetable with every mealDate completed:  | Eat meatless todayDate completed:  | Volunteer somewhereDate completed:  |
| Dance to your favorite musicDate completed: | Have a phone free nightDate completed: | Try an online workoutDate completed: |
| Do a guided meditationDate completed: | Try a new recipeDate completed: | Write down your strengthsDate completed: |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Employee ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Submit completed for by Friday May 6th to be entered into the drawing! Ways to submit your form:

1. Interoffice to HR
2. Drop off at the front desk at any building – reception will route to HR
3. Snap a picture and send to manderson@valleyseniorliving.org