**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 outside  Date completed: | Use a reusable shopping bag  Date completed: | Read for 30 minutes  Date completed: |
| Write a “To Brighten your Day Note”  Date completed: | Eat a meal outside  Date completed: | Stretch for 10-15 minutes  Date completed: |
| Declutter a space in your home  Date completed: | Listen to an inspirational podcast  Date completed: | Call someone you love  Date completed: |
| Create a bucket list  Date completed: | Donate something you never use  Date completed: | Drink only water today  Date completed: |
| Take a 24 hour social media break  Date completed: | List out 3 things you are thankful for  Date completed: | Test out the massage chair at work  Date completed: |
| Watch the sunrise  Date completed: | Spend 15 minutes listening to nature  Date completed: | Watch a documentary such as Forks over Knives, Game Changers, or What the Health  Date completed: |
| Spend 20 minutes with a resident on your off time  Date completed: | Eat a fruit with every meal  Date completed: | Make a healthy dessert  Date completed: |
| Spend time with a friend  Date completed: | Cook your favorite meal  Date completed: | Visit the Y or Choice with your free 3 day pass  Date completed: |
| No TV today  Date completed: | Have a no spend day  Date completed: | Connect with someone new  Date completed: |
| Eat a vegetable with every meal  Date completed: | Eat meatless today  Date completed: | Volunteer somewhere  Date completed: |
| Dance to your favorite music  Date completed: | Have a phone free night  Date completed: | Try an online workout  Date completed: |
| Do a guided meditation  Date completed: | Try a new recipe  Date completed: | Write down your strengths  Date 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](mailto:manderson@valleyseniorliving.org)