



**Safety starts with awareness.  
Awareness starts with you.**

## **JUNE WELLNESS CHALLENGES**

### **MONTHLY CHALLENGE**

#### **6/1 - 6/30: Stretching Challenge**

**Details:** Record 100 points each day you complete 10 minutes of stretching

**Goal:** Reach a total of 2,000 points

**Prize:** When you reach your goal, you will be entered into the raffle for a 5 Day/4 Night hotel stay in sunny Cancun. Three winners will be selected.

### **WEEKLY CHALLENGES**

#### **5/28 - 6/3: Core Challenge**

**Details:** Record 100 points each day for completing 100 Crunches

**Goal:** Complete 100 crunches on 5 of the 7 days (achieving a total of 500 points)

**Prize:** Reach the goal to be entered in a raffle for a \$25 gift card

#### **6/4 - 6/10: Fruit Challenge**

**Details:** Record 100 points each day you eat 3 servings of fruit

**Goal:** Successfully complete 5 of the 7 days (achieving a total of 500 points)

**Prize:** Reach the goal to be entered in a raffle for a \$25 gift card

#### **6/11 - 6/17: 10,000 Steps Challenge**

**Details:** Record 100 points each day you achieve 10,000 steps

**Goal:** Complete 10,000 steps 5 of the 7 days (achieving a total of 500 points)

**Prize:** Reach the goal to be entered in a raffle for a \$25 gift card

#### **6/18 - 6/24: Reflection Challenge**

**Details:** Record 100 points each day you complete 10 minutes of quiet time

**Goal:** Successfully complete 5 of the 7 days (achieving a total of 500 points)

**Prize:** Reach the goal to be entered in a raffle for a \$25 gift card

#### **6/25 - 7/1: Smell the Roses Challenge**

**Details:** Record 100 points each day you spend 15+ min outside observing nature

**Goal:** Successfully complete 5 of the 7 days (achieving a total of 500 points)

**Prize:** Reach the goal to be entered in a raffle for a \$25 gift card

**GET MOTIVATED. HAVE SOME FUN. ACHIEVE YOUR GOALS. WIN AWESOME PRIZES.**

**Join a Challenge: <https://hChoices.com>**