

Create Your Own Wellness Challenge!

A CHS Teammate Engagement Prize Drawing – All in to Win!



GOAL: Develop a wellness challenge to meet your personal wellness vision.

Complete your own specified goal(s) a minimum of 15 days to earn your *All in to Win* prize drawing entry.

Put a check mark in each box for the day(s) you achieve your goal. Complete these in any order.

Examples: No snacking late at night, keep a gratitude journal, train for a fitness event, drink less soda or unplug 1 hour before bed.

	Write in your weekly goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days Goal achieved each week
Week 1		1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	
Week 2		8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	
Week 3		15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	
Week 4		22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	
<ul style="list-style-type: none"> Report your results to be entered into the <i>All in to Win</i> prize drawing: After challenging yourself for four weeks go to LiveWELL.CarolinasHealthCare.org, then <i>All in to Win Challenges</i> or click here to report the number of days in 4 consecutive weeks that you achieved the goal. Be sure to enter your correct six-digit employee ID when reporting. Each new challenge completed and reported will earn four entries in the <i>All in to Win</i> Prize Drawing. Questions: Contact CHS LiveWELL at 704-355-8136 or email LivewellEvents@CarolinasHealthCare.org 									TOTAL Days Goal Achieved (use this # for reporting)

