

One (eco)system Challenge

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



Human and environmental health are connected. Making better choices everyday can help us lessen the impact on our environment. Demonstrate your personal commitment to the health of our patients, our employees, our communities, and our environment. **GOAL:** Perform one activity every day for 4 weeks (in any order). Complete a minimum of 15 daily activities below to earn your prize drawing entry.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days Goal Achieved Each Week
Week 1	<input type="checkbox"/> Look for ENERGY STAR labels in your home	<input type="checkbox"/> Turn off lights and electronics not in use at work	<input type="checkbox"/> Power down your computers and monitors before your leave work	<input type="checkbox"/> Encourage your teammates to help save energy at work	<input type="checkbox"/> Use one less paper napkin with lunch	<input type="checkbox"/> Try a virtual meeting to cut down on travel	<input type="checkbox"/> Take the stairs instead of the elevator	
Week 2	<input type="checkbox"/> Turn off the water while brushing your teeth	<input type="checkbox"/> Try riding a CATS (Charlotte Area Transit) bus or a LYNX train	<input type="checkbox"/> Use a reusable container and fill up with tap water instead of buying bottled water	<input type="checkbox"/> Close window blinds to limit winter heat loss and summer heat gain	<input type="checkbox"/> Switch your washing machine from the hot-hot cycle to warm-cold cycle	<input type="checkbox"/> Bring your own bags to the grocery store	<input type="checkbox"/> Switch one light bulb at home to an LED bulb	
Week 3	<input type="checkbox"/> Donate your unwanted clothing and goods to charity	<input type="checkbox"/> Switch to electronic bills and reduce paper	<input type="checkbox"/> Take the ENERGY STAR pledge @ www.energystar.gov	<input type="checkbox"/> Purchase non-toxic or less toxic cleaning products	<input type="checkbox"/> Consider buying items from a second-hand store	<input type="checkbox"/> Volunteer for a community event that nurtures our environment	<input type="checkbox"/> Find where to recycle in your community	
Week 4	<input type="checkbox"/> Ride a bike instead of driving	<input type="checkbox"/> Check if your dry cleaner will take back wire hangers	<input type="checkbox"/> Limit showers to less than 5 minutes and save gallons of water	<input type="checkbox"/> Print double-sided to cut down on paper	<input type="checkbox"/> Engage your family to do one energy or water saving activity each day	<input type="checkbox"/> Bring unused pills to an operation medicine drop box near you	<input type="checkbox"/> Turn off your car instead of idling when parked	
<p>Report your results to be entered into the prize drawings: After challenging yourself for 4 weeks, go LiveWELL.CarolinasHealthCare.org, then <i>All in to Win Challenges</i> or click here to report the total number of days you completed one of the suggested goals. Be sure to enter your correct 6 digit employee ID when reporting. Each new challenge completed and reported will earn 4 entries in the 2016 CHS Teammate Engagement Prize Drawing. See the All in to Win website for details. For questions contact us at LiveWELLEvents@CarolinasHealthCare.org</p>								<p>TOTAL Days Goal Achieved (use this # for reporting)</p>



Carolinas HealthCare System

