

	January	February	March	April	May
<b>Monthly Challenge</b>	<b>SHARE YOUR SUCCESS!</b> Ask people to share about a goal they had success and accomplished this year. (chance for reflection on positive outcomes.) \$10 gift cards to those that share. This was sent out in December and January.	<b>VEG OUT !</b> Add some color to your plates by eating at least 14 servings of veggies each week. Prizes given to 3 in drawing of participants (Budget \$150)	<b>DRINK UP !</b> Hydration Challenge – Drink 64 ounces of water each weekday this month. Submit at the end of the month - Prizes given to 3 in drawing of participants (Budget \$150)	<b>GET FRUITY !</b> Challenge – Eat at least 14 servings of fruit each week. Submit at the end of the month. Prizes given to 3 in drawing of participants (Budget \$150)	<b>30 MINUTE WALK ABOUT !</b> Challenge Walk at least 30 minutes per day, 5 days a week for the month of May! Prizes given to 3 in a drawing of participants. Headwraps given out to all participants. (Budget \$150 + cost of headwraps/bands))
<b>Event</b>		<b>Veggie bags</b> to ALC, ECSE/SR/Academy/CLC Office, Admin Offices (Budget \$400-450) – Include a visual on the outside of the bag.		<b>Fruit baskets</b> to ALC, ECSE/SR/Academy/CLC Office, Admin Offices (Budget \$400-450)	
<b>Awareness</b>		**Include all QR codes in The Buzz for BCBS participants.  **Include Share your Success Stories in The Buzz.	Highlight the Wellright App in The Buzz – Encourage AgeGage and to schedule dentist/physical/eye doc visits  **Highlight in The Buzz some of the ways staff shared their time or talent in the Give of Yourself Challenge.	Share jokes in The Buzz - National Humor Month	<b>Email or put in The Buzz</b> a List of some upcoming local bike, run/walk events. Or groups that meet to do physical activity together.
	August	September	October	November	December
<b>Monthly Challenge</b>			<b>IMMERSE YOURSELF IN THE OUTDOORS!</b> Challenge- Spend 20 minutes per day outdoors every day this month. Prizes given to 3 in drawing of participants (Budget \$150)	<b>GIVE OF YOURSELF</b> Challenge- Give of your time or talent(s) 2 times in November, December and January. Must share what they did. Prizes given to 3 in drawing of participants (Budget \$150)	<b>continued...GIVE OF YOURSELF</b> Challenge- Give of your time or talent(s) 2 times in November, December and January. Must share what they did. Prizes given to 3 in drawing of participants (Budget \$150)
<b>Event</b>		<b>All Staff Meeting:</b> Water Bar <b>Healthy item goodie bags - back scratcher, Canoe Paddle popcorn, Post-it notes, lifesaver mints</b>		November 1 - National Toothbrush Day - include facts in The Buzz. Give out a toothbrush or floss/toothpaste to all staff	
<b>Awareness</b>			<b>Ask for Wellness Team suggestions in The Buzz or on Wellness page form</b>	<b>Compile a Healthy Foods digital cookbook.</b> Share in Google Drive and add to website	