



Olympic Torch Activity Challenge!

2-WEEK CHALLENGE
JULY 1-15



JOIN WORKSITE WELLNESS AS WE CHEER ON THE OLYMPICS AND CELEBRATE EMPLOYEE HEALTH THIS SUMMER!

JULY 1	JULY 2	JULY 3	JULY 4	JULY 5
<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps
<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity
<input type="checkbox"/> Wellbeats Day 1	<input type="checkbox"/> Wellbeats Day 2	<input type="checkbox"/> Wellbeats Day 3	<input type="checkbox"/> Wellbeats Day 4	<input type="checkbox"/> Wellbeats Day 5
JULY 6	JULY 7	JULY 8	JULY 9	JULY 10
<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps
<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity
<input type="checkbox"/> Wellbeats Day 6	<input type="checkbox"/> Wellbeats Day 7	<input type="checkbox"/> Wellbeats Day 8	<input type="checkbox"/> Wellbeats Day 9	<input type="checkbox"/> Wellbeats Day 10
JULY 11	JULY 12	JULY 13	JULY 14	JULY 15
<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	<input type="checkbox"/> 10,000 Steps	FILL OUT THE TRACKING FORM BELOW (BY JULY 19TH)
<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	<input type="checkbox"/> 60 minutes of physical activity	
<input type="checkbox"/> Wellbeats Day 11	<input type="checkbox"/> Wellbeats Day 12	<input type="checkbox"/> Wellbeats Day 13	<input type="checkbox"/> Wellbeats Day 14	

WELLBEATS PROGRAM STEPS:

Step 1

Visit: portal.wellbeats.com

Step 2

Enter your username (district email) and password. If you forgot your password, select "Forgot password?" to be emailed a new, temporary password.

Step 3

Search: Wellness Time Savers

Ready to make a change? Boost your wellbeing in just 14 days with short fitness, nutrition, and mindfulness classes.

Check mark as you go day to day!

Complete at least one of the activities every day to be entered into a drawing for **\$50 REWARD CARDS**

Those who complete all 3 items every day will also be entered into a drawing for **\$100 REWARD CARDS**

No registration necessary. Simply track your steps and/or workouts and complete the form at www.greeleyschools.org/summerchallenge by July 19th.