

Workout Warrior

Feb 1st- Feb 28th / Worth 1 wellness point



Flex Time

Stretch for 100 minutes in one month. A quick stretch break can help decrease stress and tension, increase flexibility, reduce your risk of injury, and provide a welcome mental break during the day. Track the number of minutes you spend stretching each day. To complete the challenge, track 100 minutes or more during the month.

Feb 1	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7
Feb 8	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21
Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org

I've completed the challenge!

(Print Name)