

# APRIL MOVEMENT CHALLENGE

Brought to you by the Wellness Committee


Name: \_\_\_\_\_

Department: \_\_\_\_\_

Location: \_\_\_\_\_

## FOR THE MONTH OF APRIL, WE ARE PROMOTING MOVEMENT AND THE POSITIVE AFFECTS ON MENTAL HEALTH!

Our aim is to provide you with a goal setting opportunity that will in turn assist you in improving your mental health – your mind and body are intimately connected, and while your brain is the master control system for your body’s movement, the way you move can also affect the way you think and feel.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTALS
1	2	3	4	5	6	7	_____ MINUTES
8	9	10	11	12	13	14	_____ MINUTES
15	16	17	18	19	20	21	_____ MINUTES
22	23	24	25	26	27	28	_____ MINUTES
29	30						_____ MINUTES

- The Movement Challenge officially begins on April 1st, 2024 and ends on April 30th, 2024.
- You will be keeping track of how many minutes of movement you complete outside of work in the month of April.
  - *What is movement? Walking, running, weight lifting, participation in all forms of exercise, gardening, household chores, etc.*
- Record your total minutes daily, then add up the daily totals to obtain your weekly and monthly total.
- This sheet must be submitted to the HR department by **May 7th, 2024** to be in contention to receive one of 10 prizes.
  - Prize and minutes of movement breakdown:
    - 150 – 300 minutes = 3 x \$25 gift card
    - 301 – 600 minutes = 3 x \$25 gift card
    - 601+ minutes = 3 x \$25 gift card
      - *\*note that winners of each category will be chosen by a random drawing, not by the top three of each category*
    - Grand Prize – one randomly chosen participant will win a \$150 VISA gift card, all participants will be eligible for the drawing
- Lastly, we ask that you be truthful with your tracking, and we hope you see the benefits of movement on your mental health.

**TOTAL FOR THE MONTH:**

\_\_\_\_\_