

## Jackson R-2 Employee Wellness

### *Personal Live Healthy Challenge*

Hey everyone! It's that time of year again! Are you ready to set goals to improve your health? If so, please fill out the attached contract and get ready to work!

The dates for this challenge are **Jan 10- Feb 20, 2018**.

Choose two, or more, fitness and/or nutrition goals to create a personalized challenge that helps you reach your health goals.

There is a \$10.00 deposit for participating in this challenge. If you are successful in reaching your goals, you will receive your money, but if you are unsuccessful the money will remain in the Jackson R-2 Wellness fund. You will receive **15 points** in your live healthy book for participation. If you **meet your goals**, you will receive an **additional 15 points**. (That's 30 points total!)

Please complete the attached form and submit \$10 to your building nurse or supervisor. For additional questions contact Ellen Gipson, MA, RDN, LD at [egipson@jr2mail.org](mailto:egipson@jr2mail.org).

Thanks and good luck!



# Personal Live Healthy Challenge 2018

This Contract is to certify that I \_\_\_\_\_ . (Insert Name Here)

vow to challenge myself to **two or more** of the following activities for the next 6 weeks  
(Jan 10- Feb 20, 2018.) I will prioritize my health and develop lifelong habits

Will lose \_\_\_\_\_ pounds (min. of 5lbs)

Will exercise \_\_\_\_\_ days per week or \_\_\_\_\_ Min per day.  
(Minimum of 4 days/wk. or 30 Min daily.)

-Recommended to include both Aerobic & Strength Training-

Will drink at least 6 (8ounce) glasses of water daily.

-At least 6 out of the 7 days per week.-

Will eat at least five (1/2 cup) servings of fruits or vegetables daily.

-At least 6 of the 7 days per week-

\_\_\_\_\_  
\_\_\_\_\_

(Add you own health challenge here)

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(Signature Here)

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(Date Here)