

## 2024

600 pts	MAY	May 6-10: Mental Health Word Search	250 points
		May 10: Level Up Friday with Dr. Joan	100 points
		May 16: Mental Health Walk	250 points
1,100 pts	JUNE	Jun 3-7: Wellness Week	1,000 points
		Jun 14: Level Up Friday with Dr. Joan	100 points
400 pts	JULY	Jul 1-30: 30-Day Squat Challenge	300 points
		Jul 12: Level Up Friday with Dr. Joan	100 points
300 pts	AUGUST	Aug 5-30: Hydration Challenge	300 points
300 pts	SEPTEMBER	Sep 2-27: Meditation Challenge	300 points
500 pts	OCTOBER	Oct 1-31: Fall Workout Challenge	500 points
250 pts	NOVEMBER	Nov 1-20: 20 Days of Gratitude	250 points
250 pts	DECEMBER	Dec 9-13: Self-Care Bingo	250 points

## 2025

100 pts	JANUARY	Jan 13-17: Connect with a Coworker	100 points
250 pts	FEBRUARY	Feb 10-14: Healthy Heart Word Scramble	250 points
850 pts	MARCH	Mar 3-Apr 18: 5K Challenge	350 points
		Mar 3-Apr 18: Step Challenge	500 points
250 pts	APRIL	Apr 23: National Walk at Lunch Day	250 points