



Fabiano Brothers

Safety & Wellness Challenge

BROWN BAG CHALLENGE

The Brown Bag Challenge invites you to pack your lunch instead of eating out. In a world of convenience, it's become far too easy to run out and "grab something quick" at the little place on the corner.

This convenience factor has brought us into a world where we spend more money and consume more calories than we need to. Even if you get the \$5 foot-long deal at Subway, you still spend more than you might have if you'd made your sandwich home. We often go for gimmicks like this because they are a "good deal," but how often do we really need an entire foot-long sandwich? Just because it's a good deal doesn't mean it's the best choice. Bringing your own lunch is beneficial for many reasons. Get ready to make healthy decisions, both financially and nutritionally.

Source: Fabiano Brothers WellRight Site sponsored by Ascension Employer Solutions. Sign Up with Registration Code- Fabiano2024 - <https://fabianobrothers.wellright.com/>

Completing this Wellness Challenge -

At least 20 workdays within a 30-day period, pack your lunch or dinner for work rather than eat out. You can complete this challenge online at <https://fabianobrothers.wellright.com/> (register for an account or log in if you already have one) or via this notice.

Employees can participate in the challenge when they want but for a consecutive 30-day period. For example, you can start on March 1 and end on March 31, or start when you read this challenge and go for 30 consecutive days. If you spend 20 days packing a lunch, you earn a \$10 HIP credit, and if you exercise for 30 minutes or more for 20 days out of the same period as this challenge, you earn another \$10 HIP credit.

Completed challenges must be submitted to HR five days after completion. Employees can complete one challenge every 30 days for 10 per year.






HEALTHY LIFESTYLE

BROWN BAG CHALLENGE

Your Name: _____

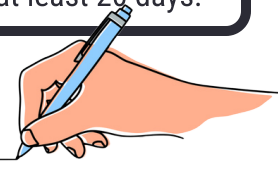
On the calendar template below, write the month and days of the month, and then write which days you completed the challenge. To be eligible for the HIP bonus, submitted calendars must be for a 30-day consecutive period and be clearly written on the calendar below or done using the Fabiano Brothers Wellright Site. Submit all challenges to HR within five days of completion. Please contact HR with questions.

MONTHLY PLANNER		<i>Fabiano Brothers</i>					01 02 03 04 05 06 07 08 09 10 11 12					
SUN	MON	TUE	WED	THU	FRI	SAT						

 Number of days in this 30-day period you participated in the challenge.

 Days in this 30-day period you participated in the challenge AND exercised for at least 20 days.

PRINT NAME & SIGN HERE- _____ **Date:** _____





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Notes Page - Feel free to write anything you want on this page. For example, what did you eat? How did you feel? Suggestions? etc. HR does NOT need this page, unless you put suggestions about the challenge on it.

A large area of lined paper for writing notes, featuring a vertical margin line on the left and horizontal blue lines across the page.