

Fabiano Brothers

Safety & Wellness Challenge

LITTERBUG CHALLENGE

The Litter Bug Challenge invites you to make the world a cleaner place by picking up one piece of trash for 21 out of the next 30 days. You can pick up more trash each day if you want to, but you only need to pick up one item to get credit for the day.

The goal is to make it a habit, not just a one-time major cleanup day. Pick up trash that has blown into your yard—before it blows into someone else’s yard! Bring a bag to collect trash when you walk in your neighborhood. Pick up something in the parking lot as you head into work or a store. Every little bit makes a difference. To complete the challenge, track "Yes" 21 days.

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

Completing this Wellness Challenge -

Follow the above rules for at least 21 days within 30 days. 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, the soonest you can start the challenge is on March 11, and it ends on April 11 or start anytime after March 11 and go for 30 consecutive days. If you spend 21 days following the challenge, you earn a \$10 HIP credit, and if you exercise for 30 minutes or more for 21 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.



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Starting Date: **Ending Date:**

On the calendar template below, write the 30-day period of your challenge, 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 *Fabiano Brothers* **Start this challenge on or after 3/11/24.**

SUN	MON	TUE	WED	THU	FRI	SAT

← Number of days in this 30-day period you participated in the challenge. No less than 21

← 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 the page is filled with horizontal blue lines on a light yellow background, intended for writing notes. A vertical red double-line margin is present on the left side.