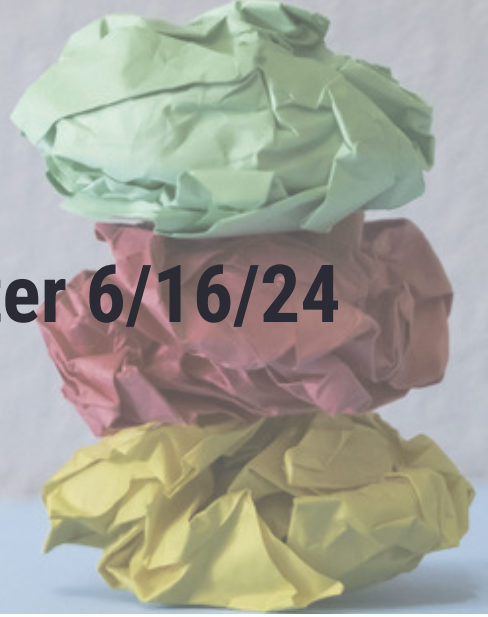


*Fabiano Brothers*

# Safety & Wellness Challenge ready, set, go! starts on or after 6/16/24

## WORRY LESS



The Worry Less Challenge invites you to actively acknowledge one thing you are worried about each day for 22 out of the next 30 days, and then consciously let it go. Recognize that you have little to no control over most of the things you worry about, and release the stress you're holding onto. Once you've written down your worry, crumple up the paper and dispose of it. If the worry resurfaces, that's okay. Write it down again until it stays away. To complete the challenge, track "Yes" for 22 days out of the next 30 days.

Write down one thing you are worried about each day for 22 days out of the next 30 days, and then let go of it. 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 ends on June 16 and ends on July 17 or anytime after these dates. Completed challenges must be submitted to HR five days after completion. Employees can complete one challenge every 30 days for 10 per year.

SOURCE: <https://fabianobrothers.wellright.com/>

# WORRY LESS CHALLENGE



**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 6/16/24.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     |     |     |
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|     |     |     |     |     |     |     |



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

**PRINT NAME &  
SIGN HERE-** \_\_\_\_\_

Date: \_\_\_\_\_

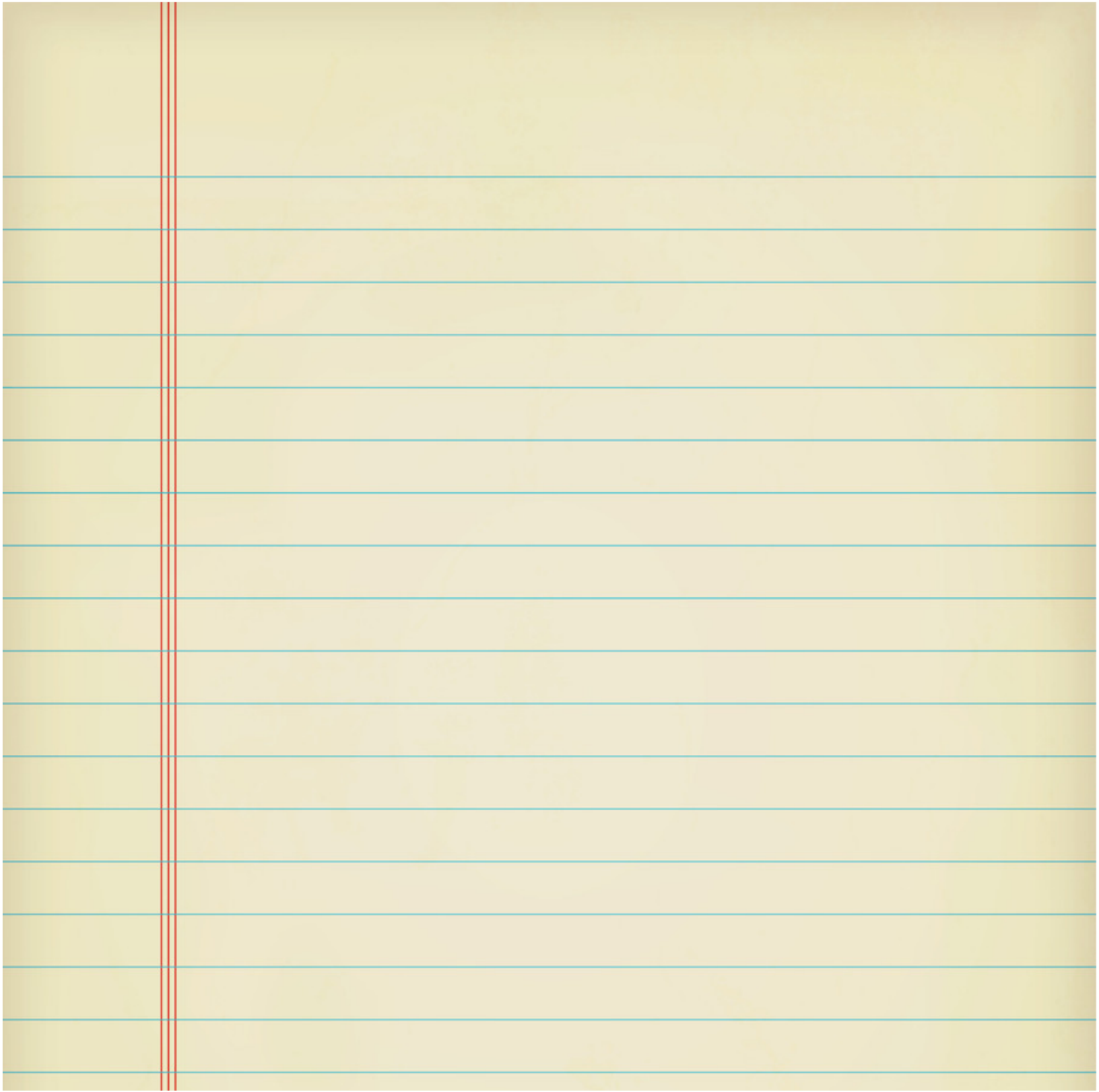




*Fabiano Brothers*

## **CHALLENGE NOTES**

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, with a vertical margin line on the left side.