

Just Dance

Dance for 150 minutes

MONTHLY CHALLENGE



ready, set, go! starts on or after 10/7/24

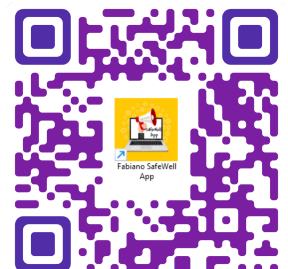
The Just Dance Challenge invites you to dance for 150 minutes over 30 days (an average of 5 minutes per day). Even if you're not a great dancer, dancing can be a really fun way to exercise. The easiest way is to turn on some music and just start dancing. Try this in the morning or when you come home from work for a quick energy boost that doesn't require workout clothes or a shower. If you like more structure, try a dance workout video, a dance app, or take a dance class. Try a night out dancing with friends for even more fun! To complete the challenge, track 150 minutes of dancing.

You can complete this challenge online at <https://fabianobrothers.wellright.com/> (register for an account or log in if you already have one) or through this notification.

Employees may participate in the challenge anytime, but it must be for a consecutive 30-day period. For instance, the earliest start date for the challenge is October 7, and the end date is November 7, or any time between or after these dates. Completed challenges must be submitted to HR within five days after completion. Employees can complete one challenge every 30 days, with a limit of 10 challenges per year.



Questions about the Challenges? Send an email to hr4u@fabianobrothers.com or via Paycom's Ask Here



Just Dance

Starting Date: **Ending Date:**

On the calendar template, 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 10/7/24.

SUN	MON	TUE	WED	THU	FRI	SAT



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

PRINT NAME &
SIGN HERE- _____

Date: _____





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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.



The page contains a large area of lined paper for writing notes. The paper is cream-colored with light blue horizontal ruling. A vertical red margin line is positioned on the left side of the page.