

Be Grateful

List 90 things you're thankful for

MONTHLY CHALLENGE



ready, set, go! starts on or after 11/3/24

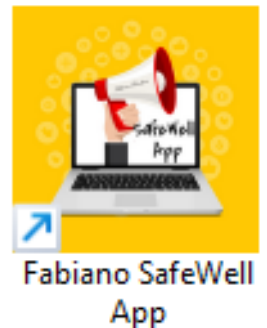
The Be Grateful Challenge invites you to write down three things you are grateful for each day for 30 days. It will only take a minute and can improve your physical and mental health, and will even help you sleep better. To complete the challenge, track 90 things you're thankful for.

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




Be Grateful


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 11/3/24.

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.

