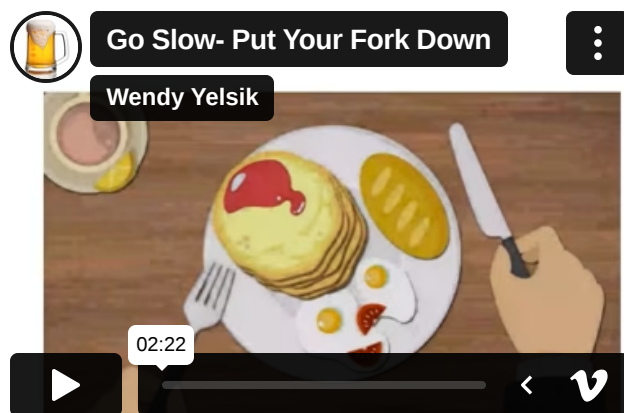




# MONTHLY CHALLENGE

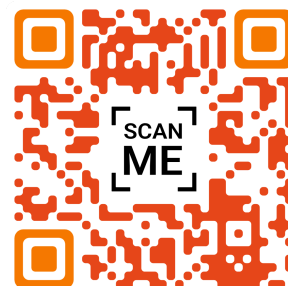
## ready, set, go! starts on 3/1/25

The Go Slow Challenge invites you to put down your fork (or spoon) between bites whenever you eat for 22 days. If you're eating something you hold in your hands, like pizza, set it down on your plate between bites. Chew thoroughly, enjoying the flavors as you eat. The goal is to help you learn to eat more slowly. When we eat quickly, we tend to overeat because it takes a while for our brains to register that we're full. Savoring every bite will help you feel satisfied sooner and enjoy your meal more.



WATCH THIS VIDEO TO GET STARTED!

For 22 days in this month, practice "putting the fork down." Track your challenge using the attached calendar or log. Plus - if you exercise for 150 minutes this month you can earn more HIP.



Completed challenges must be submitted to HR within five days after completion. Employees can complete one challenge every 30 days.



For 22 days out of the month following this challenge.



Optional: Exercise for a total of 150 minutes in addition to your monthly challenge.



Submit to HR within 5 days of completion.



**\$10 HIP Challenge**  
**\$10 HIP Exercise**

**Enter the challenge month and completion days on the calendar. Submit to HR within five days. Contact HR with questions.**

01 02 03 04 05 06 07 08 09 10 11 12

SUN	MON	TUE	WED	THU	FRI	SAT



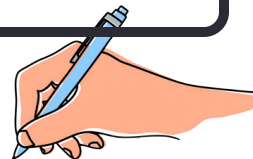
Number of DAYS you completed the challenge



Number of MINUTES you Exercised

**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.

