

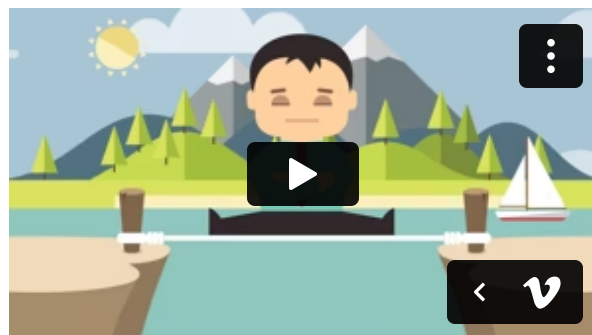


MONTHLY CHALLENGE

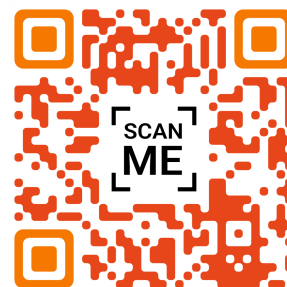
ready, set, go! starts on or after 7/6/25

The Flex Time Challenge invites you to stretch for 100 minutes for 25 out of 30 days. A quick stretch break can help decrease stress and tension, increase flexibility, reduce your risk of injury, and provide a welcome mental break during the day. To complete the challenge, track 100 minutes of stretching.

WATCH THIS VIDEO TO GET STARTED! →



For 25 days in this month, practice "Flex Time" 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 25 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.

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



FlexTime

Stretch for 100 minutes

MONTHLY CHALLENGE starts after 7/6/25

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

MONTHLY PLANNER

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

SUN	MON	TUE	WED	THU	FRI	SAT



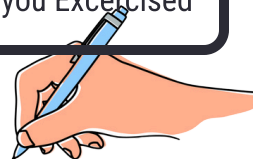
Number of DAYS you completed the challenge



Number of MINUTES you Exercised

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.

