



# MONTHLY CHALLENGE

**ready, set, go! starts on or after 8/5/25**

The Great Day Challenge invites you to say out loud, "It's going to be a great day!" once a day for 30 days, preferably first thing in the morning. Stop reading right now and try it out loud. While it might feel a little silly, your brain will release serotonin, the feel-good chemical, and you'll feel a sense of optimism and that you have more control over your day.

For 25 days in this month, say "It's going to be a great day!" out loud. 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.



**Days**  
For 25 days out of the month following this challenge.



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



**SUBMIT**  
Submit to HR within 5 days of completion.

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



# MONTHLY CHALLENGE starts after 8/5/25

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.

