



Be Grateful

List 75 things you're thankful for

MONTHLY CHALLENGE

ready, set, go! starts on or after 11/5/25

The Be Grateful Challenge invites you to write down three things you are grateful for each day for 25-30 days. It will only take a minute, improve your physical and mental health, and even help you sleep better. To complete the challenge, track 75 things you're thankful for.

Complete the challenge on your own device or web browser by scanning the QR code.





1. Go to "Safety & Wellness Challenges."
2. Select "November Challenge."
3. Scroll to the bottom of that page and download the HTML attachment.
4. Once the file has downloaded, open it in your web browser and save the webpage (for example, by bookmarking it or adding it to your phone's home screen) for easy access.



Your entries are saved only on the device or browser you use — nothing is submitted automatically. When you finish the challenge, HR only needs your summary for verification. You can screenshot it and email it to hr4u@fabianobrothers.com.

💡 Paper submissions are always welcome, too!

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

 <p>25 DAYS For 25 days out of the month complete the challenge</p>	 <p>150 Minutes Optional: Exercise for a total of 150 minutes in addition to your monthly challenge.</p>	 <p>SUBMIT Submit to HR within 5 days of completion.</p>	 <p>\$10 HIP Challenge \$10 HIP Exercise</p>
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Questions about the Challenges? Send an email to hr4u@fabianobrothers.com or via Paycom's Ask Here



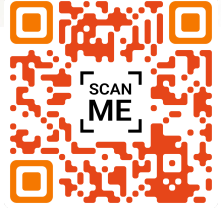
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SKIP THE PAPER, SUBMIT ONLINE



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



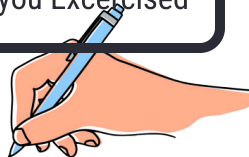
Number of DAYS you completed the challenge



Number of MINUTES you Exercised

PRINT NAME &
SIGN HERE- _____

Date: _____

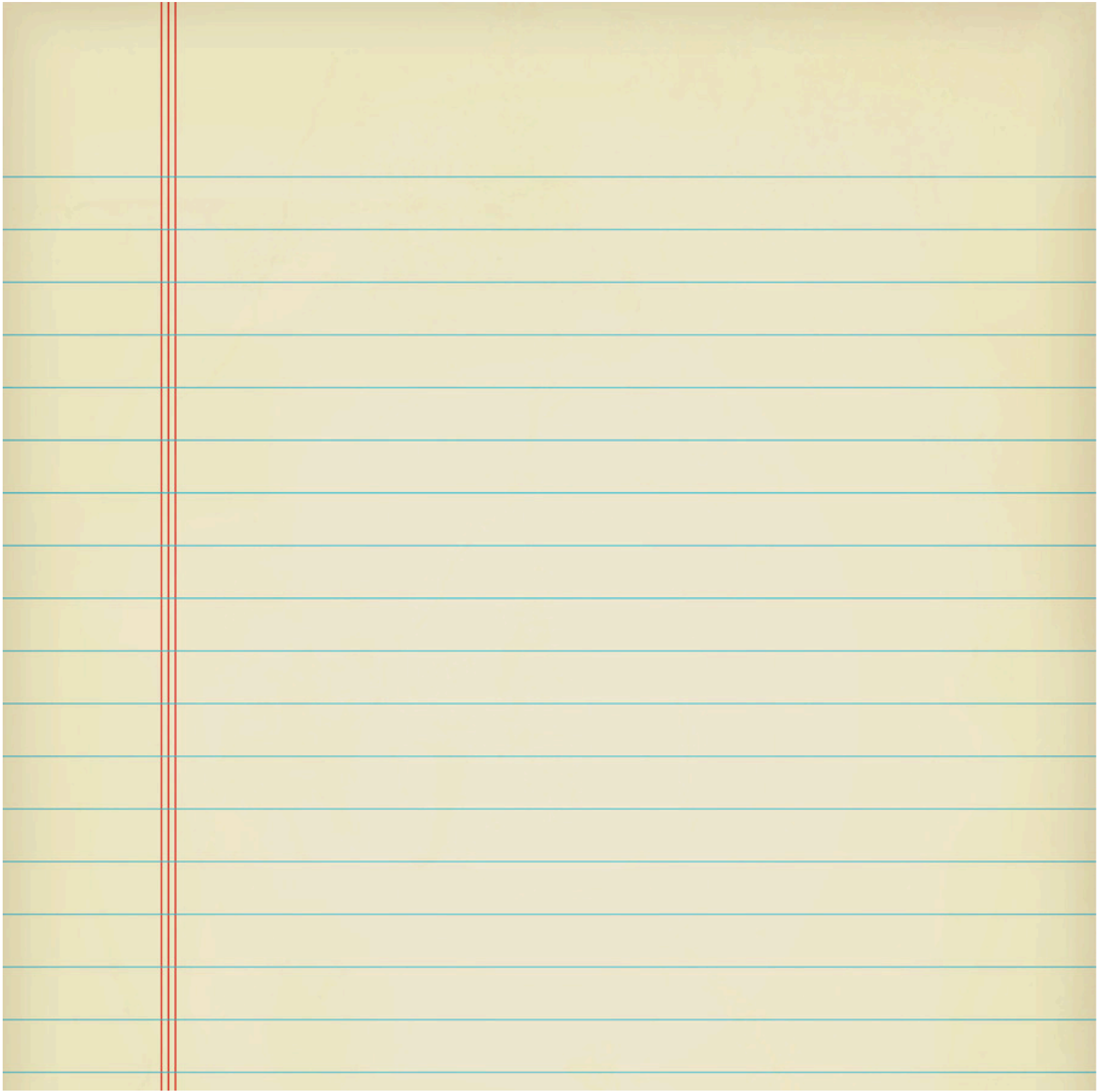




Fabiano Brothers

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.



A large area of lined paper for writing notes, featuring a vertical margin line on the left and horizontal blue lines across the page.