

# Reset Your Perspective Challenge

Start fresh this year with realistic goals for  
a healthier perspective!

☒ Drink water  
☒ Eat veggies  
☒ Exercise

## MONTHLY CHALLENGE

**ready, set, go! starts on or after 1/9/26**

The New Year is a great time to hit the refresh button and take a new look at your health and well-being. This challenge focuses on perspective—recognizing what you're already doing well, setting realistic goals, and making small, meaningful changes that last. Good health isn't all-or-nothing. Every step forward counts.

**The Challenge** - Each day, choose one of the following:

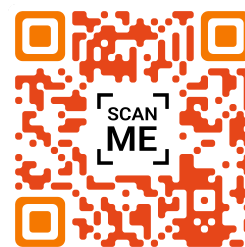
- Reflect on a healthy habit you already practice
- Write down one "win" related to your health or well-being
- Identify a realistic goal you're working toward and why it matters
- Take one small action that supports your physical or mental health
- Reframe your thinking (something you get to do for your health, not have to do)

**Your health is a  
journey—and you  
don't have to do it  
all at once.**

💡 This should take 1–3 minutes per day.

**WHY THIS MATTERS** - Resetting your perspective can help you:

- Build realistic, achievable goals
- Stay motivated by focusing on progress—not perfection
- Treat yourself with the same compassion you'd offer a friend
- Turn reflection into meaningful action



**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 complete the  
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**

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## MONTHLY CHALLENGE

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: \_\_\_\_\_

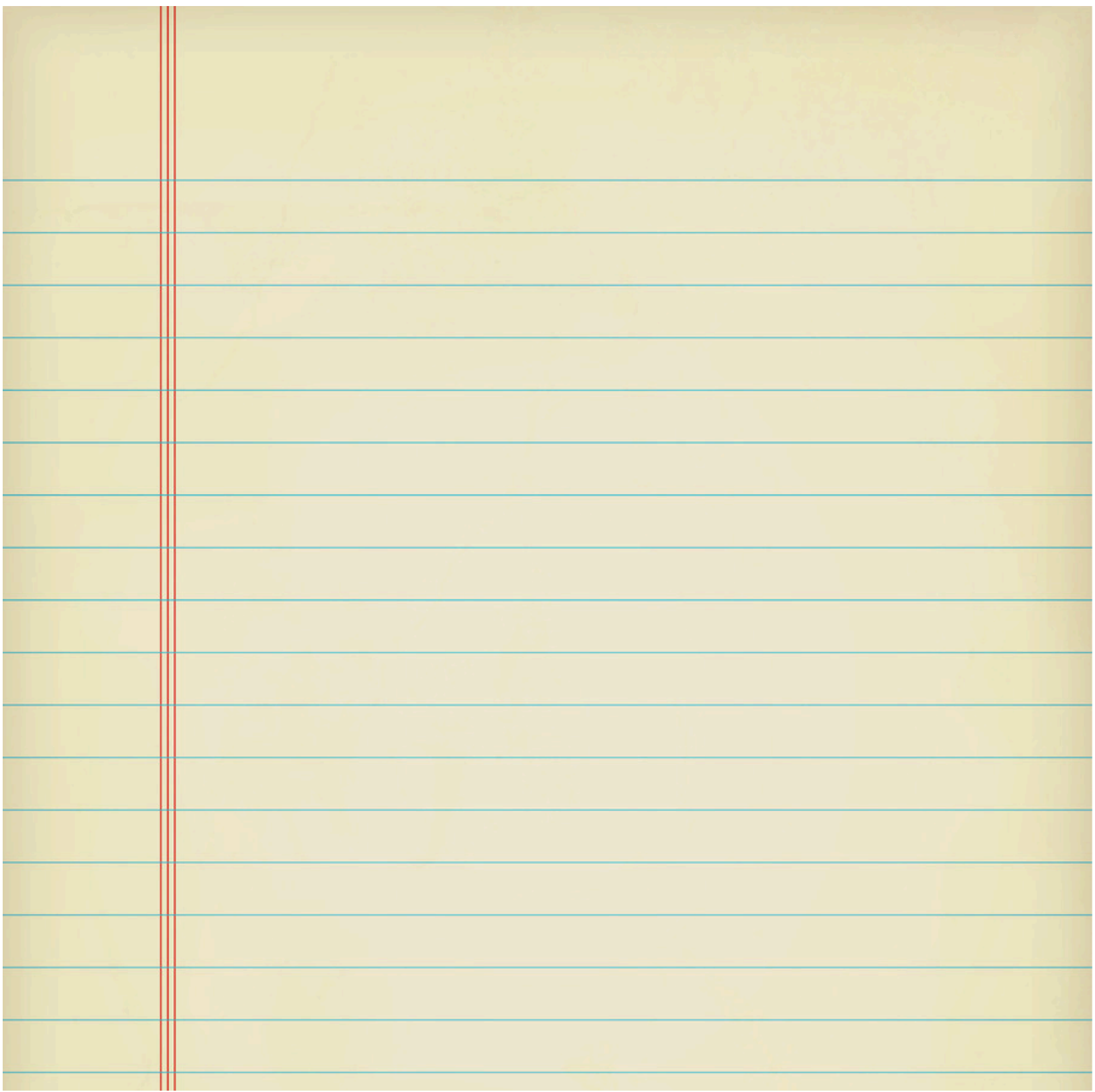




*Fabiano Brothers*

## **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, blank, lined page for notes. The page has a vertical red margin line on the left side and horizontal blue lines for writing. The background is a light yellow color.