

Heart Smart Challenge

Small steps, big payoff for a healthier heart!

MONTHLY CHALLENGE

ready, set, go! starts on or after 2/4/26

February is a great time to focus on heart health. This challenge is for all employees—no matter your job or fitness level. Good health isn't all-or-nothing. Small habits add up.

The Challenge – Each day, choose one of the following:

- Move your body for **10 minutes** (walk, stretch, stairs—anything that gets you moving)
- Drink an extra **16 oz. of water** (or swap one sugary drink for water)
- Add **one heart-healthy food choice** (fruit/veggie, nuts, whole grain, lean protein)
- Take a **2-minute stress reset** (slow breathing, quiet break, stretch, short reset)
- Do one **“know your numbers”** action (schedule a checkup, check blood pressure, or learn what “normal” is).

WHY THIS MATTERS – Heart-healthy habits can help you:

- Support healthy blood pressure and energy levels
- Reduce stress and improve sleep quality
- Build consistency with small goals that fit real schedules
- Feel better at work and at home



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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FEBRUARY 2026 MONTHLY CHALLENGE

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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: _____

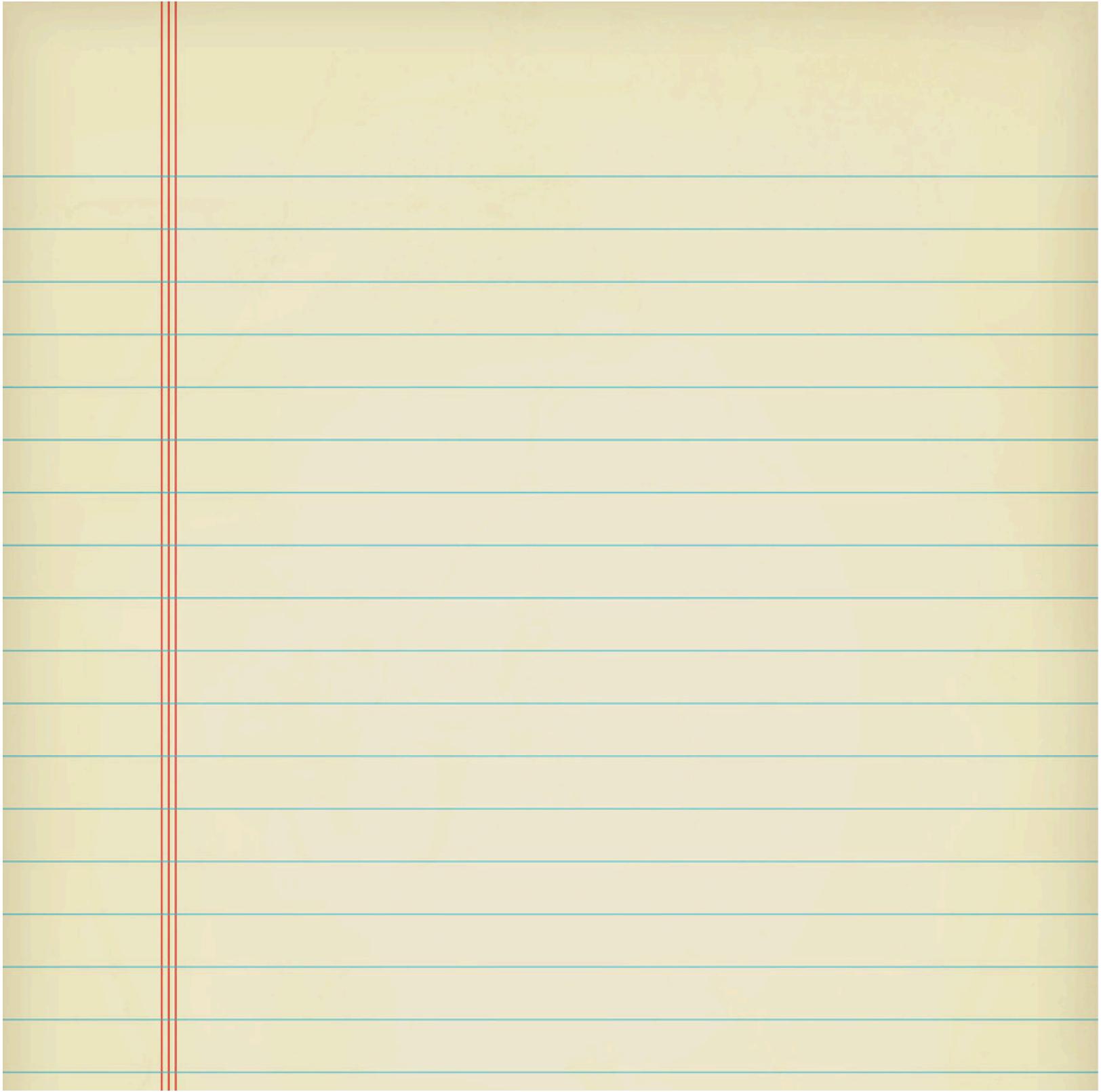




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CHALLENGE NOTES

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, with a vertical margin line on the left.