



# Breathe Deep

40 breathing sessions

## MONTHLY CHALLENGE

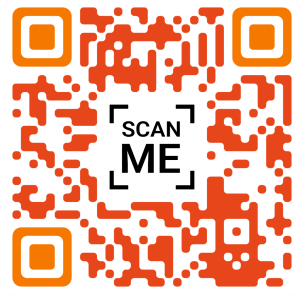
### ready, set, go! starts after 5/2/26

The Breathe Deep Challenge invites you to slow down and breathe deeply twice a day, five days a week, for the next four weeks. Research has shown that slowing your breathing lowers levels of anxiety, calms your brain, and enables you to deal with daily challenges more effectively. Track "Yes" each day you slow down and breathe deeply twice a day—to complete the challenge, track "Yes" for 22 days.



WATCH THIS VIDEO TO GET STARTED!

For 22 days in this month, practice "Breathe Deep" 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 22 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.



### \$10 HIP Challenge \$10 HIP Exercise



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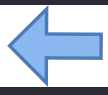
## MONTHLY CHALLENGE starts after 5/2/26

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- \_\_\_\_\_

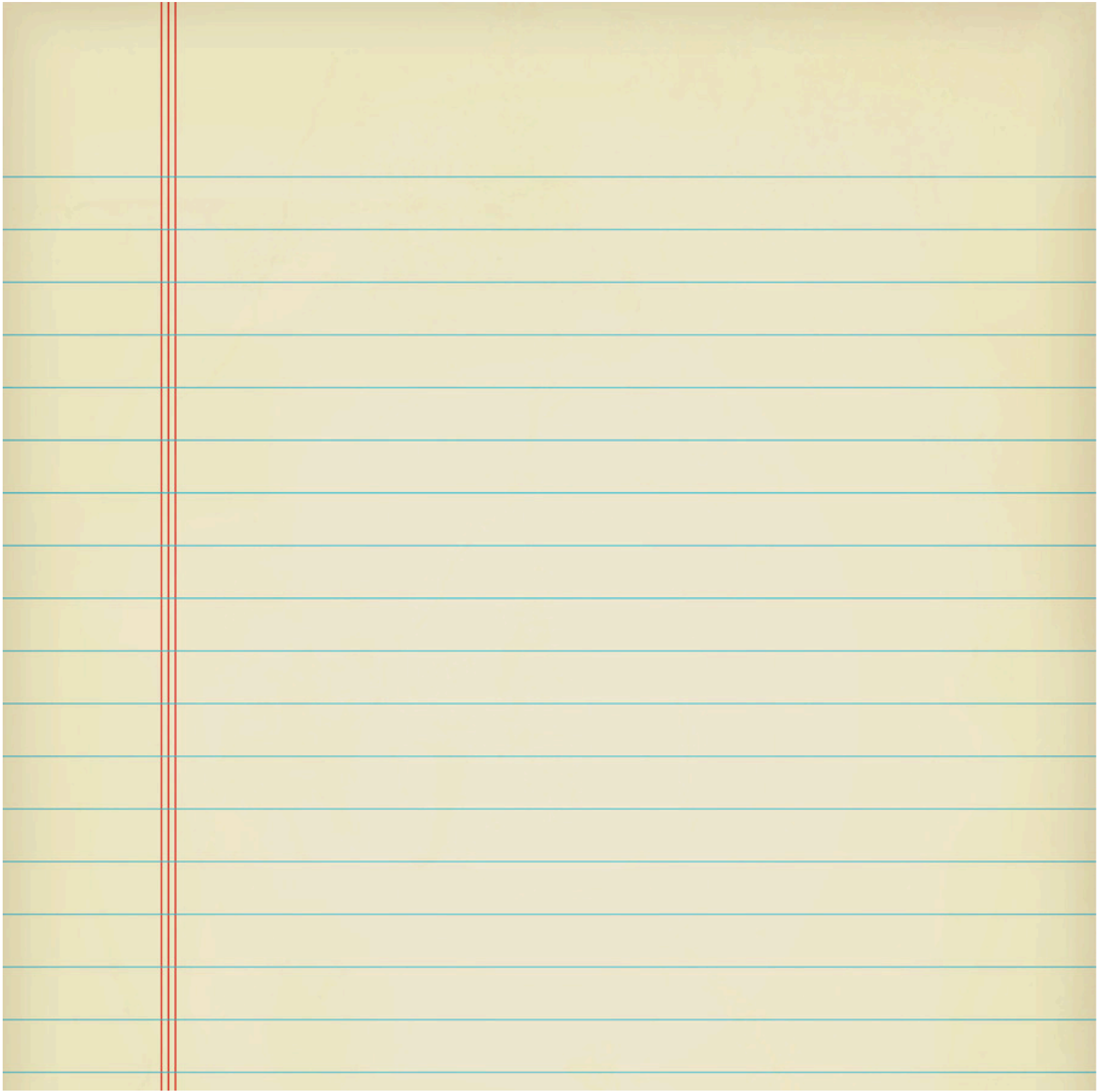
Date: \_\_\_\_\_



*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, with a vertical margin line on the left side.