

AUGUST 2026 MONTHLY CHALLENGE

SAFE & SOUND AT EVERY AGE

Build healthy habits today
for a safer, healthier future.



ready, set, go! starts after 8/2/26

Healthy aging does not begin at a certain age. The choices we make today can help us remain active, connected, curious, positive, and capable throughout life.

The Challenge - For **25 days out of the next 30 days**, intentionally complete at least one action that supports your safety, health, and well-being at every age. Choose an action that helps you move, connect, learn, protect your health, or live with purpose. Your action can take place at work, on the road, at home, or anywhere else.

AT WORK OR ON THE ROAD:

- Take a brief walk or stretch during an appropriate break.
- Use safe lifting techniques or adjust your posture.
- Wear your seat belt and avoid distractions while driving.
- Check in with a coworker.
- Ask a question or learn a better way to complete a task.
- Share encouragement or recognize someone's good work.

AT HOME OR ANYWHERE:

- Walk, exercise, stretch, or complete an active household task.
- Call, visit, or spend time with someone important to you.
- Read, complete a puzzle, or learn something new.
- Prepare a nutritious meal or make another healthy choice.
- Work on a hobby or activity you enjoy.
- Practice gratitude or take part in something meaningful.

WHY THIS MATTERS - Small, consistent choices can make a difference in how we feel and function over time. Staying active, maintaining relationships, continuing to learn, and finding purpose can support our physical, mental, and social well-being throughout life. It is never too early - or too late - to strengthen these habits.

ONE HEALTHY ACTION COUNTS EACH DAY

MOVE

CONNECT

LEARN

PROTECT

PURPOSE

CHALLENGE AT A GLANCE

25 DAYS

Complete the challenge
on 25 of 30 days.

150 MINUTES

Optional exercise
in addition to the challenge.

SUBMIT

Send to HR
within 5 days of completion.

HIP REWARDS

\$10 HIP Challenge
\$10 HIP Exercise

Employees can complete one challenge every 30 days.

Questions? Email hr4u@fabianobrothers.com or use Paycom's Ask Here.

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SAFE & SOUND
Week

Fabiano Brothers
ESTABLISHED 1885

Enter the challenge month and mark each completion day on the calendar. Submit to HR within five days. Contact HR with questions.

MONTHLY PLANNER

MONTH: _____

SUN	MON	TUE	WED	THU	FRI	SAT

Number of DAYS you completed the challenge



Number of MINUTES you exercised



EMPLOYEE COMPLETION

PRINTED NAME: _____

SIGNATURE: _____ DATE: _____