

**Company Name**




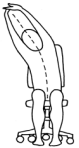






# De-Stress & Stretch Challenge

Name: \_\_\_\_\_ Team # \_\_\_\_\_ Ext # \_\_\_\_\_

Please give yourself 2 points each time you do the illustrated exercise. (\*) = 5 rolls each way.

Other exercises hold for 5 seconds each side. E-mail your total points to your team captain everyday for the next 2 weeks.

<b>WEEK 1</b>							
<b>DATE</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
*Neck Rolls 							
Shoulder Stretch 							
*Shoulder Rolls 							
Chair Side Bend 							
Chair Torso Rotation 							
Quad Stretch 							
Back Stretch 							
Wrist Stretch 							
<b>Total Points =</b>							

**Company Name**



# De-Stress & Stretch Challenge

## TEAMS

<b>TEAM #1</b>	<b>TEAM #2</b>	<b>TEAM #3</b>	<b>TEAM #4</b>
<u>Team Captain</u>	<u>Team Captain</u>	<u>Team Captain</u>	<u>Team Captain</u>