

SELF care CHALLENGE

EVENT SCHEDULE

| Day | Who | At-A-Glance |
|-----------|-------------|--|
| T-14 Days | Facilitator | Welcome to the Challenge! Here are your Facilitator Instructions and Promotional Poster. |
| T-10 Days | Facilitator | Reminder! We need team names submitted. Up to 5 teams can participate. |
| T-7 Days | All Staff | All Staff Pre-Launch Communication |
| T-4 Days | Facilitator | We will touch base with you to ensure that everything is set to go! |
| Day 1 | All Staff | It's GO time! Day #1 of the Challenge |
| Day 7 | All Staff | Mid-Challenge Leaderboard Results |
| Day 9 | Facilitator | We will touch base to see how things are going. |
| Day 12 | All Staff | Couple more days to go! |
| Day 14 | All Staff | Final Day for Point Submissions |
| Day 16 | All Staff | Final Leaderboard Results |
| Day 16 | Facilitator | Wrap Up, Incentive Draws and Completion Certificate (if needed) |