

SELF care CHALLENGE

EVENT SCHEDULE

Day	Who	At-A-Glance
T-7 Days	Team Captain	Welcome to the Challenge! Here are your Facilitator Instructions and Promotional Poster.
T-5 Days	All Teams	All Teams Pre-Launch Communication
T-4 Days	Team Captain	We will touch base with you to ensure that everything is set to go!
Day 1	All Teams	It's GO time! Day #1 of the Challenge
Day 7	All Teams	Mid-Challenge Leaderboard Results
Day 9	Team Captain	We will touch base to see how things are going.
Day 12	All Teams	Couple more days to go!
Day 14	All Teams	Final Day for Point Submissions
Day 16	All Teams	Final Leaderboard Results
Day 16	Team Captain	Wrap Up and Feedback