

Challenge Seven: Extra Credit

**NW Montana Schools' Health Consortium
2020-21 Health Promotion Program.**

Thank you for signing up for your Health Promotion Program! This year we'll continue focusing on the holistic idea of wellness to improve many aspects of your life with eight different challenges throughout the school year. Each challenge will bring a new opportunity to receive an incentive! It will be a fun way to focus on your health while connecting with others at your school site.

This program is for all staff regardless of your insurance status, and spouses who are on the insurance plan! Be sure to forward this link to anyone who you think wants to join the fun!

DEADLINE: April 25th
INCENTIVE: \$15 gift card

Challenge seven provides you with a chance to go back and complete a previous challenge you meant to complete, OR if you've completed all your assignments...I mean challenges, you can complete another different task for some extra credit!

Choose one of the following to earn your incentive:

MISSING ASSIGNMENTS: Choose one of the previous challenges and complete it!

EXTRA CREDIT: Take 10! At least five times between April 12 - April 25 give yourself permission to take care of your own needs. Take 10 minutes in your workday to do something that will help decrease your stress and anxiety.

Q&A:

- Yes, you can do both! However, you will still only earn one \$15 gift card.**
- What if I just want extra credit, even if I have missing assignments? That's ok too! Do whatever provides you with the most benefit.**
- Who do I contact with more questions? Carrie Jacobs | info@drivewellnessmt.com**

Each week via email you will receive a link to access the previous challenges, as well as a link to the Challenge Seven Feedback Form which you must fill out when you complete the challenge in order to receive your incentive. Have fun!

