

Challenge One: Form Your Accountability Groups!

**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 email to anyone who you think wants to
join the fun!

DEADLINE: This Friday! October 9
**INCENTIVE: \$25, delivered during the week of
October 12**

THREE STEPS:

- 1.** Working with your school's wellness representative you will find out who your accountability group will be. (Note: It is OK to work through the challenges not in a group but you'll still need to do steps 2-3 to receive your incentive!)
- 2.** Decide the following amongst your accountability group members: 1) WHEN and HOW you will meet on a monthly basis (via zoom, face2face, email, etc.); 2) How much accountability you would like; 3) What you're excited to work on this year!
- 3.** Designate ONE SCRIBE to complete the Challenge One form so I can help support your group AND so I know who has completed this challenge to earn an incentive!

**Please contact Carrie at
info@drivewellnessmt.com with any questions.
Have fun and Inspire Wellness.**

