

January 2015 Activity Calendar - TUCSON

Become Your Own Super Hero!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 				<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6 Maintain Don't Gain Weigh Outs Due	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9 Massage Scientific Conf. Room 8:15am - 1:00pm	<input type="checkbox"/> 10
<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17
<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20	<input type="checkbox"/> 21 Wellness Program Kickoff Via BlueJeans 12:00pm and 2:30pm	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27 Health Coaching with Nancy EEL Conf. Room 9:00am - 2:00pm	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30	<input type="checkbox"/> 31

<p>Directions:</p> <ol style="list-style-type: none"> Fill out your name and phone number. Mark your box with a check mark for each day you have done at least one of the following: <ul style="list-style-type: none"> • Drink 8-8oz. of water a day • Complete 30 minutes of daily activities • Eat 5 fruits or vegetables per day • Bring your lunch to work Count up your points! 1 point per check mark. Submit the form to wellness@aura-astronomy.org. <i>If you do not have a computer, submit to HR</i> 	<p><i>Please Print Clearly</i></p> <p>Name: _____</p> <p>Phone: _____</p> <p>Points: _____</p> <p>For questions, please contact wellness@aura-astronomy.org</p>	<p>Verified Fitness Attendance</p> <p>Complete at least 4 fitness activities per month to qualify. Examples: fitness classes, gym, running, jogging, etc.</p> <table border="1" data-bbox="1470 1169 2016 1364"> <thead> <tr> <th>Fitness Activity Name</th> <th>Date</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table> <p>I affirm that I have completed at least 4 days of fitness activity this month.</p> <p>X _____</p>	Fitness Activity Name	Date								
Fitness Activity Name	Date											