

CONNECT 30 CHALLENGE

July 30—Aug 26 | 4 Weeks = 1 Point

GOALS

- Have 30 meaningful conversations with different people (friends, neighbors, strangers, coworkers, etc.).
- One night per week (or during dinner, etc.) do a “no phone zone” rule where everyone must put their phones away.

ingful conversation or “no phone zone” rule.

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org

TRACKING

- Record each time, or day, you have a mean-

July 30	July 31	Aug 1	Aug 2	Aug 3	Aug 4	Aug 5
Aug 6	Aug 7	Aug 8	Aug 9	Aug 10	Aug 11	Aug 12
Aug 13	Aug 14	Aug 15	Aug 16	Aug 17	Aug 18	Aug 19
Aug 20	Aug 21	Aug 22	Aug 23	Aug 24	Aug 25	Aug 26



I've completed the challenge!

(Print Name)