

StandUp



May 1st—May 31st

The Stand Up Challenge Invites you to get up from you desk chair or couch for at least 1-minute every hour— 8 times a day. Do this at least 15 work days during the month. To complete the challenge, Track “YES” at the end of each work day if you stood up at least 1 minute every hour.

May 1	May 2	May 3	May 4	May 5	May 6	May 7
May 8	May 9	May 10	May 11	May 12	May 13	May 14
May 15	May 16	May 17	May 18	May 19	May 20	May 21
May 22	May 23	May 24	May 25	May 26	May 27	May 28
May 29	May 30	May 31				

I've completed the challenge!

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