

# THE ULTIMATE UEA STAYWELL CHALLENGE

March 28 to May 1



**The UEA Staywell Committee is extending a challenge to all UCS employees!  
Can you complete the activities listed on the wellness chart for 5 weeks?**

#### **To get started:**

1. Form a team consisting of 3 members
2. Choose a team name. Example: The 3 Musketeers
3. Select a Team Captain

#### **Details:**

- Give yourself 1 point for each activity completed
- Prizes will be awarded in two ways:
  1. Teams with the highest point
  2. Random drawing for participation.
- The Challenge begins on Monday, March 28 and concludes on Sunday, May 1. (You don't need to record information during the week of Spring Break. ( April 4 - 10).
- Top three schools with the highest percentage of participants will receive a complimentary Breakfast.

#### **Team Captains:**

1. E-mail your Team Name & names of your members to: [nancy.smith@uticak12.org](mailto:nancy.smith@uticak12.org)  
(Due by Friday, March 25)
2. Updates about the "Challenge" will be e-mailed to you. Please forward the information to your team members.
3. Remind your team members to keep their charts updated with daily and weekly totals noted. You will be asked to send the "Grand Total" for your team at the conclusion of the challenge.
4. You are the cheerleader for your team!

#### **Any questions?**

Contact Nancy Smith (Roberts Elementary) at [nancy.smith@uticak12.org](mailto:nancy.smith@uticak12.org)

**Best wishes from the UEA Staywell Committee!**