

Get Fit Kaua'i

2020 Worksite Wellness Challenge

Make healthier choices at work and have FUN doing it!

- Free to enter
- Small and large companies welcome
- Limited to the first 10 companies that submit their scorecard!



For more information, please contact Bev Brody at bbrody1@hawaii.rr.com

HOW TO JOIN IN!

1. Download and print the PDF of the Worksite Wellness Challenge Scorecard at www.GetFitKauai.com. This will be your working copy.
2. After being able to answer all the questions on the working copy of your scorecard, go to www.GetFitKauai.com and click on the "ENTER HERE" button.
3. The Worksite Wellness Challenge is limited to the first 10 companies who complete and submit the scorecard between Monday, January 6, 2020 – Friday, January 31, 2020. Registration will close as soon as the first 10 companies submit a scorecard.
4. Attend the Kick-Off Breakfast on Friday, February 21, 2020. Three representatives from each company are invited to attend.
5. Make healthy changes at your workplace to improve your team's score: change as many answers as possible from "No" to "Yes".
6. Complete the scorecard again on October 31, 2020. Your scorecard total at the end will be compared to your scorecard total at the beginning and the point and percentage difference between your scores will be your final Worksite Wellness Challenge score.
7. Attend the Awards Breakfast on Friday, November 20, 2020!



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