



A HEALTHIER YOU



Personal Challenge Calendar

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Name _____

Work Location _____

Email or Phone# _____

Personal Monthly Challenge

In July there are 5 Personal Challenges you can complete to qualify for a July Challenge Prize. Meaning, your name will be put in the drawing for each of the 5 challenges you complete.

1. Challenge Yourself Set your challenge and record that you met your personal monthly challenge 3 days each week in July. Log each challenge day and how the challenge was met. Challenge Month is July 1st - July 28th.

MY CHALLENGE For July is:

To qualify for a July Personal Monthly prize, you must meet the monthly challenge minimum of meeting the challenge 3 days each week.

2.Challenge- Visit a Williamson County Parks and Rec Center

I visited the (which center) _____

Date of your visit _____

3.Challenge- Take a Class

I enrolled in _____

At which Location _____

4.Challenge- Being Active

____ Yes, I have a active membership at another facility other than Williamson County Parks and Recreation. I have attached or e-mailed a copy of my card/badge to the Williamson County Benefits Department.

5.Challenge Story

____ Yes, I have attached or emailed to the Williamson County Benefits Department a Challenge Story or Picture.

**Turn in your Personal Challenge Calendar by August 1st to be eligible for monthly prizes. Calendars can be e-mailed to
ben-temp@williamson-tn.org.**