The 12 Days of Wellbeing Challenge

“WE” (Wellbeing for Employees) is offering a 12 Days of Wellbeing Challenge. The goal for the 12 Days of Wellbeing is to complete every activity on the wellness calendar. **Prizes are offered for employees who register and complete the challenge!**

The wellbeing challenges must be completed **DECEMBER 1\(^{st}\)-12\(^{th}\).** Registration and the calendar are on the Wellbeing website or hard copies are available by the Lund Information Desk.

**DETAILS OF THE CHALLENGE**

Registration opens **November 12\(^{th}\)** and closes **November 23\(^{rd}\)**

Challenge is to be completed **December 1\(^{st}\)-12\(^{th}\)**

(Not After or Before!)

No more than two activities per day

Hard copies of the calendar are in the Lund Center by the Information Desk

Online access to the calendar is provided by link below:

[https://gustavus.edu/wellbeing/programs.php](https://gustavus.edu/wellbeing/programs.php)

Calendars must be turned in **December 13\(^{th}\), 14\(^{th}\), and 17\(^{th}\)** at the table next to the Information Desk in Lund Center or online.

**KEY DATES**

Registration- **November 12\(^{th}\)-23\(^{rd}\)**

Wellbeing Challenge- **December 1\(^{st}\)-12**

Prize Pick up- **December 13\(^{th}\), 14\(^{th}\), and 17th**

Gifts must be picked up in Lund Center next to the Information Desk.

You must turn in your completed calendar online or in person at prize pick up.

The pick up times are:

**Thursday, Dec. 13\(^{th}\)** from 9:00am to 1:00pm

**Friday, Dec. 14\(^{th}\)** from 9:00am to 2:30pm

**Monday, Dec. 17\(^{th}\)** from 12:00pm to 4:00pm

**If you have any questions regarding the 12 Days of Wellbeing please contact**

*Laurie Kelly at lkelly@gustavus.edu or x6145*
The 12 Days of Wellbeing Challenge
Registration Form

Full Name: ________________________________

Email Address: ________________________________

Office Phone: ________________________________

Department: ________________________________

Job Title: ________________________________

Reminders

Please return this form to Laurie Kelly through the Campus P.O. Boxes or complete the online registration by November 23rd.

Hard copies of the calendar are in the Lund Center at the Information Desk.

Calendars must be turned in online or at the table next to the Lund Information Desk on the following scheduled pick-up times:

Thursday the 13th from 9:00am to 1:00pm

Friday the 14th from 9:00am to 2:30pm

Monday the 17th from 12:00pm to 4:00pm

Check the Wellbeing Website for online registration. https://gustavus.edu/wellbeing/programs.php