

# Holiday WELLNESS CAMPAIGN CHALLENGE

Please complete this form entirely to help us describe your company/wellness program. Please return to [utahworksitewellnesscouncil@gmail.com](mailto:utahworksitewellnesscouncil@gmail.com) with supporting materials by **December 18<sup>th</sup>**.

## COMPANY INFORMATION

Employee Name	_____	Employee Position	_____
Employee Email	_____	Company Name	_____
Company Size	_____	Company Industry	_____
Multiple Locations?	_____		
How long have you had a wellness program?	_____		
How many employees run your wellness program?	_____		

## CHALLENGE DETAILS

Describe the challenge in a brief paragraph:

How many employees participated? \_\_\_\_\_

How did you promote the wellness challenge? \_\_\_\_\_

How much time did you put into running the challenge? \_\_\_\_\_

How much did it cost to run the challenge? \_\_\_\_\_

What incentive did you offer if any? \_\_\_\_\_

What would you change if you ran the same challenge again? \_\_\_\_\_

Describe your communication timeline for the challenge:

## PARTICIPANT FEEDBACK

What did your employees enjoy about this challenge?

What would they like to see different?



Autumn  
**Hike for Life**  
Wellness Challenge



**2 hikes in September**

**2 hikes in October**

Best "Selfie":: Most Extreme:: Best Tree:: Best Scenery:: Most People::  
Best Rock:: Best Wildlife:: Longest Distance

**Prizes for Photos**

Email your pictures with a brief description to:

[Rebekah.Clark@ultradent.com](mailto:Rebekah.Clark@ultradent.com)