

## THE CHALLENGE:

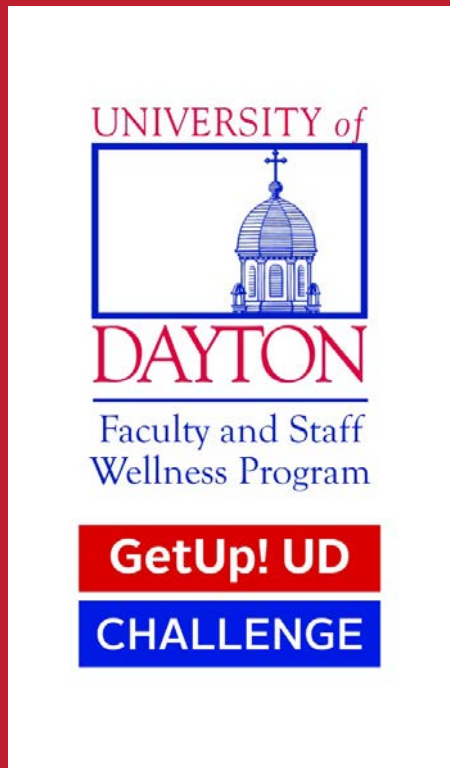
Compete against other buildings on campus by aiming to meet Montgomery County public health message of 5, 2, 1 almost none. A simple online tool will be used to track these key evidence based behaviors.

-5 Fruits and Vegetables per day

-Less than 2 hours of recreational screen time (TV, computer or video games)

-At least 1 hour of activity per day

-No sugary beverages



## PRIZES:

-Winning building will be based on percent participation – total logged in and minimum of 2,000 points during 6 weeks. Winning prize: Free catered breakfast by Panera and various raffles from sponsors.

- Raffle prizes from major sponsors Panera Bread, Up and Running, Runners Plus, Wellness program (free classes/incentive points) & more to come!

FINAL RAFFLE EVENT:  
April 16<sup>th</sup> 12:30 Torch Lounge in conjunction with Cycling Carnival

\* all participants w/a minimum of 2000 points over 6 weeks receive a gift

Registration begins March 2<sup>nd</sup> and is open and available throughout the entire 6 weeks. Program ends April 12<sup>th</sup>. Registration link available on [Faculty Staff Wellness Website](#) and on porches no earlier than March 2<sup>nd</sup> (must be benefit eligible to participate).

## Major Sponsors

