



**EIN:**

**Start Date:**

**Name:**

**Completion Date:**

**Work Email:**

**You may post my name on the “I Did the 100” board**



### **Congratulations on completing the 100 Pushup Challenge!**

Please submit this certificate of completion to Employee Wellness to be entered into a seasonal drawing for 1 of 5 \$100 Corporate Reward gift cards and earn 20 Healthy Lifestyle Activity Points.

	Spring Season	Summer Season	Fall Season	Winter Season
Months	Mar – May	Jun – Aug	Sep – Nov	Dec – Feb
Drawings	June 7 <sup>th</sup>	September 7 <sup>th</sup>	December 7 <sup>th</sup>	March 7 <sup>th</sup>

