



## 30 Day Challenge June 3 - July 3

Earn **30 points** by completing the daily suggested stretching exercise and signing the flyer to confirm your participation. Upon challenge completion, login to your Wellness Center to \*upload this flyer and earn points.

1  Mountain	2  Child's Pose	3  Cow to Cat	4  Seated Twist	5  Cobra
6  Downward Facing Dog	7  Standing Forward Fold	8  Chair	9  Crescent	10  Warrior I
11  Warrior II	12  Triangle	13  Child's Pose	14  Hero	15  Wide-Legged Forward Fold
16  Staff	17  Boat	18  Bridge	19  Tree	20  Locust
21  Warrior II	22  Inclined Plane	23  Lotus	24  Bow	25  Camel
26  Dancer	27  Bird of Paradise	28  Child's Pose	29  Flow	30  Mountain

\*Upload your signed flyer between July 3rd – July 10th to earn your points. Follow these steps in your Wellness Center to upload your document: Incentives & Rewards (not Wellness Challenges) >> View My Incentives Programs >> Access Program >> Find Strike a Pose Challenge >> View >> View Occurrences >> Submit New File to upload document.