



Flex Time



The Flex Time Challenge invites you to stretch for 100 minutes in one month. A quick stretch break can help decrease stress and tension, increase flexibility, reduce your risk of injury, and provide a welcome mental break during the day. Track the number of minutes you spend stretching each day. To complete the challenge, track 100 minutes or more during the month.

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org

July 1	July 2	July 3	July 4	July 5	July 6	July 7
July 8	July 9	July 10	July 11	July 12	July 13	July 14
July 15	July 16	July 17	July 18	July 19	July 20	July 21
July 22	July 23	July 24	July 25	July 26	July 27	July 28
July 29	July 30	July 31				

I've completed the challenge!

(Print Name)