

## 2007 WisDOT Wellness Challenge

The purpose of the 2007 WisDOT Wellness Challenge is to promote fitness and team building and raise money for charity.

<b>When?</b>	
Sign-Up/Enrollment	Monday, August 21 <sup>st</sup> – Thursday, August 31 <sup>st</sup>
Start Date	September 1, 2006
End Date	November 30, 2006
	This event will coincide with the SECC (State Employee Contribution Campaign).
<b>What?</b>	<p>Employees use the <a href="#">Activity Tracking Sheet</a> to keep track of their fitness activities for two months. Activities count anytime during the month – including work breaks, commute to/from work, non-work hours.</p> <p>Employees can form teams of 3 to 6 employees. Teams should choose a team name and team captain. The team captain is responsible for reporting total points for the team on a monthly basis. Reports are due via email to <b>XXXXX</b>, by October 6<sup>th</sup> and November 6<sup>th</sup>.</p>
<b>Cost</b>	Suggested donation per participant is \$10 (cash or check) payable to <b>XXXXX</b> or <b>XXXXX</b> . WisDOT employees not participating in the challenge can still donate to the event.
<b>How to Win</b>	The top three 'Winning Teams' receive money to donate to their designated charity through SECC.
<b>Who?</b>	All WisDOT employees are invited to participate.
<b>Sponsored by</b>	SANE Lane Program

### Roles and Responsibilities

Team Coordinator: Tracks point totals for all teams and assigns individuals to teams as needed.

Publicity Coordinator: Posters, Web, motivational articles in bulletin, post results

Party/Special Events Coordinator: Organize event celebration/awards program.

### Question

Awards celebration in Madison will be during Brat Fest. Other office locations will host awards during SECC events.

