



# 4-week Workplace Wellness Challenge

June 6 to July 3

## TEAM TRACKING CARD

TO BE COMPLETED BY THE TEAM CAPTAIN

|                     |  |
|---------------------|--|
| <b>Team Name</b>    |  |
| <b>Team Captain</b> |  |
| <b>Instructions</b> | <ol style="list-style-type: none"><li>1. Ask each member of your team to keep track of the number of points they earned using the individual tracking card and ask them to send their weekly tracking card to you every Monday morning.</li><li>2. Submit the Team Tracking card with final numbers (total points earned for the 4 weeks) <b>no later than Wednesday, July 6</b> to be entered into the Challenge Champion draw.</li></ol> |

### POINTS TRACKING

| Week | Date              | Points Earned |
|------|-------------------|---------------|
| 1    | June 6 – June 12  |               |
| 2    | June 13 – June 19 |               |
| 3    | June 20 – June 26 |               |
| 4    | June 27 - July 3  |               |

**TOTAL CHALLENGE POINTS**  
EARNED BY THE TEAM FOR ALL 4 WEEKS

Captains, if you have any questions, please contact [employeeexperience@uwindsor.ca](mailto:employeeexperience@uwindsor.ca)



University  
of Windsor