Ten-Minute Challenge Sign-Up Sheet

Ten-Minute Challenge is an eight-week worksite wellness challenge to help employees enhance their health 10 minutes at a time. During the challenge, employees will take small steps towards eating smart, moving more, quitting now and managing stress.

The Ten-Minute Challenge begins on _____.
Sign-up by _____ to participate.

Name	Phone	E-mail

North Carolina State Health Plan for Teachers and State Employees
www.shpnc.org

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Everywhere. Everyday. Everybody.

Eat Smart Move More NORTH CAROLINA™