



COLUMBIACARE EMPLOYEE WHOLE HEALTH & WELLNESS CHALLENGE

30-DAY SWAP CHALLENGE



Print it out, complete it daily for 30 days, and submit to your Wellness Advocate by the July 31st to be entered into the drawing!

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

Submitted By: _____