

5K Participation Challenge

Goal: The goal of this challenge is to condition and complete a 5K.

Requirements: You will need to write down 4 practice times
(these do not need to be for the full 3.1 miles).

You will also need to attach a copy of your registration and copy of your entry number.

If you and your spouse do the 5K Participation Challenge you both need to meet the requirements.

Incentive: Each Challenge you complete maximum of (4) will earn you \$25 per challenge into your Health Savings Account/FSA.

Deadline November 30, 2020

Practice 1	Date:	Activity: ◇ Run ◇ Walk ◇ Jog ◇ Other: _____ _____	Time Spent:
Practice 2	Date:	Activity: ◇ Run ◇ Walk ◇ Jog ◇ Other: _____ _____	Time Spent:
Practice 3	Date:	Activity: ◇ Run ◇ Walk ◇ Jog ◇ Other: _____ _____	Time Spent:
Practice 4	Date:	Activity: ◇ Run ◇ Walk ◇ Jog ◇ Other: _____ _____	Time Spent:

Participant Name:

Employee Name:

5K Event Name:

5K Date:
