

20:30 Home Workout Challenge

Goal: The goal of this challenge is to exercise at home 20 minutes a day for 30 consecutive days.
Requirements: Track day and start/stop time of at least 20 minutes a day
Deadline: November 30, 2026



Day	Date	Minutes	Activity (treadmill, stationary bike, cardio, weights, other)
1			
2			
3			
4			
5			
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30			

Participant Name _____ Employee Name _____

Health Incentives: Each individual challenge completed by a covered employee or covered spouse earns \$25 per challenge into the employee’s HSA/FSA. Note: an employee can only submit a max of 4 different challenges completed by the employee and/or covered spouse per calendar year, receiving a maximum health incentive challenge benefit total of \$100. An individual cannot submit a duplicate challenge. Completed forms to be submitted to Auditor’s Office by November 30 deadline.