

HEALTHY  
HABITS  
BETTER  
BUSINESS



**Hamilton Families**  
HOUSING FIRST. COMMUNITY STRONG.



**2024 Wellness Program**

Level Name	Dollars in WellRight	Reward
Maximum Reward	175	\$175 distributed by Hamilton

Annual Company-wide Challenges	Dollars
<b>Reader's Dozen</b> Jan 1 - Dec 31 The Reader's Corner Challenge invites you to read 3 books in one year. To complete the challenge, submit the titles of the 3 books you read.	25
<b>PlayList</b> Jan 1 - Dec 31 The Play List Challenge invites you to create a music 'first aid kit' by compiling four playlists. Like different size bandages, each playlist should address a specific need.	25
<b>Volunteer</b> Jan 1 - Dec 31 The Let's Volunteer Challenge invites you to volunteer at a local event. To complete this challenge, share a photo of you volunteering or a copy of the volunteer confirmation.	25
<b>Keep A Plant</b> Jan 1 - Dec 31 The Keep A Plant challenge invites you to grow a plant! Take a before and after shot of your plant to show how much it grew over the course of the challenge. To complete this challenge, submit both your before and after shots and be sure to label them in the comments.	25
<b>Be Friend</b> Jan 1 - Dec 31 The Be Friend challenge invites you to do one thing with a friend! To complete this challenge, share a photo of you and a friend doing something fun together.	25
<b>Take a Hike</b> Jan 1 - Dec 31 The Take A Hike challenge invites you to complete a race (marathon, half marathon, 10K, 5K, trail race, bike race, etc.) or take a hike on a local trail. To complete this challenge, share a photo of you participating in the race or hike, a copy of the trail map or a copy of the race confirmation.	25
<b>Network Connections</b> Jan 1 - Dec 31 The Network Connections Challenge invites you to meet with five colleagues (one at a time) whom you might not interact with otherwise. To complete the challenge, share the name of the colleagues you met with and a photo of the meeting.	25

Personal Challenges	Entries
Participate in a 30-day habit-based personal challenge, up to 100 challenges.	Raffle Entry