

Name: _____

2022 DECREASE THE FATIGUE OUTAGE CHALLENGE (for all employees and spouses)

- Participate in the [Morning Stretch Program AT WORK DURING THE OUTAGE](#) as an employee (only count the days you stretch at work) or elsewhere for spouses. You may use your own stretches or the approved stretches shown on the papers located outside Brian's office.
- The program is to stretch or warm-up for 15 minutes each morning. **Complete 30 days.**
- [Stay hydrated during the day.](#) If you have cotton mouth, dry lips, or dark yellow urine half way through the shift, do not count that day. The goal is to hydrate early. **Complete 30 days.**
- Turn the form in at the end of the outage or when 30 days have been completed to receive a gift card.
- Return the form by May 15, 2022, to have your name entered in a drawing (IPSC employees & spouses).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
March 7	8	9	10	11	12	13	/
14	15	16	17	18	19	20	/
21	22	23	24	25	26	27	/
28	29	30	31	April 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	Total Stretch/H ₂ O	/

