



# ON THE MOVE

## National Challenge 2019

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### TEAM KENT STATE Mini-Challenge Week 11: Engage a Coworker

Due June 21

Here's how to participate in this week's mini-challenge:

- Identify a coworker who may need a little friendly motivation to keep moving (or any friend at work) and invite them to go on a walk or do something active with you for at least 30 minutes. The person you choose to engage does not need be participating in the On The Move Challenge, but be aware that only those registered for the challenge are eligible to win prizes.
- Describe the activity you and your coworker performed together, and return your completed form to Employee Wellness at [wellness@kent.edu](mailto:wellness@kent.edu) or fax to 330-672-5447 by **Friday, June 21 at 5:00 pm**. This will enter **both** employees into the prize drawing, *so please only submit one form between the two of you.*

#### Your Information:

Name: \_\_\_\_\_

KSU email: \_\_\_\_\_

Dept./College/Campus: \_\_\_\_\_

Office phone number: \_\_\_\_\_

#### Your Coworker:

Name: \_\_\_\_\_

KSU email: \_\_\_\_\_

Dept./College/Campus: \_\_\_\_\_

Office phone number: \_\_\_\_\_

Describe the activity that you and your coworker performed together:

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