

# Wellness Saving Challenge



Employee Name: \_\_\_\_\_ Employee Number: \_\_\_\_\_

Challenge Month: \_\_\_\_\_

**30 Day \$100 Saving Challenge Rules:** Gradually increase daily deposits into your savings account from \$1 to \$5 per day during a calendar month to reach a total of \$100 saved. The amounts below are set as a minimum amount to qualify for the challenge, amounts saved above these minimum amounts also qualify.

Day #	Deposit Amount	Total Saved	Completed: Check Off		Day #	Deposit Amount	Total Saved	Completed: Check Off
1	\$1	\$1			16	\$4	\$34	
2	\$1	\$2			17	\$4	\$38	
3	\$1	\$3			18	\$4	\$42	
4	\$1	\$4			19	\$4	\$46	
5	\$1	\$5			20	\$4	\$50	
6	\$2	\$7			21	\$5	\$55	
7	\$2	\$9			22	\$5	\$60	
8	\$2	\$11			23	\$5	\$65	
9	\$2	\$13			24	\$5	\$70	
10	\$2	\$15			25	\$5	\$75	
11	\$3	\$18			26	\$5	\$80	
12	\$3	\$21			27	\$5	\$85	
13	\$3	\$24			28	\$5	\$90	
14	\$3	\$27			29	\$5	\$95	
15	\$3	\$30			30	\$5	\$100	

**End of Challenge:** Email this completed Log sheet to [wellness@creativefoam.com](mailto:wellness@creativefoam.com) OR turn into your HR Rep for submission.