Health & Wellness Challenge for February 2009 - CIGNA

	Sleep 6-8 Hours	Low Back Pain Podcast	Blood Pressure Measurement	Fruit & Vegetable	Breakfast	Stretch Break	Meditation	10,000 Steps
Mike Clark	2	1	1	1	2	1	1	3
John Lewis	2	0	0	0	2	1	1	3
Karen White	0	1	0	1	2	1	0	3
Ron Brown	0	1	1	0	0	1	0	3
Liza Hart	2	1	1	1	2	1	0	0
Roger Black	2	0	1	1	0	0	1	0
Schedule	February 2-6	14-Feb	16-Feb	19-Feb	28-Feb	9-Feb	11-Feb	26-Feb

Winner: Mike Clark, 14 Points
Prize: Exercise Resistance Tubes

	Total
Home/Office Workout	
2	14
2	11
2	10
2	8
2	10
0	5
24-Feb	