



GRACE Wellness Presents a Challenge:

12 Days of Fitness and Faithfulness

Mind, Body, Spirit

Christmas Season 2020

Challenge Steps:

1. On Christmas Day, December 25th, please review all 12 requests in the 12 Days of Fitness and Faithfulness Poem on the second page.
2. On December 26th, a Swift K12 alert will be sent, including the form links below to submit your completion of the 12 Days of Fitness and Faithfulness Challenge.
 - a. English Form: [Click Here](#)
 - b. Spanish Form: [Click Here](#)
3. Between January 5, 2021 – January 10, 2021, submit 12 Days of Fitness and Faithfulness Challenge Form.

Challenge Details:

1. Eligibility – Enrolled GRACE students and their families, as well as GRACE Employees.
2. Family Group Challenge - only one submission per family.
3. Prizes:
 - First Prize – a New Chromebook
 - Second Prize - \$100 Gift Card at Festival Foods
 - Third Prize - \$50 Gift Card at Kwik Trip
4. Prize Drawing on January 15, 2021.
5. Maximum of one prize per family.
6. Funding provided by a private donor.

Promotion by the GRACE Wellness Program.

Any questions, please contact Jamie Hurley, RD, CD,

Director of Food Service, Wellness Committee Chair at jhurley@gracesystem.org.



GRACE Wellness Presents a Challenge:

12 Days of Fitness and Faithfulness Poem:

- On the first day of Christmas GRACE Wellness sent to me, *a chance to win a chromebook in a pear tree.*
- On the second day of Christmas, GRACE Wellness sent to me, *two google form challenges* (one English, one Spanish).....
- On the third day of Christmas, GRACE Wellness requested of me, *three chores to complete around the house to help others.*.....
- On the fourth day of Christmas, GRACE Wellness requested of me, *four fruits or vegetables to eat.*.....
- On the fifth day of Christmas, GRACE Wellness requested of me, *five minutes of quietly praying to Jesus.*.....
- On the sixth day of Christmas, GRACE Wellness requested of me, *six healthy food items to eat.*.....
- On the seventh day of Christmas, GRACE Wellness requested of me, *seven ideas on how to share kindness to others.*.....
- On the eighth day of Christmas, GRACE Wellness requested of me, *eight Our Fathers for those in need.*.....
- On the ninth day of Christmas, GRACE Wellness requested of me, *nine ounces of milk or water to drink.*.....
- On the tenth day of Christmas, GRACE Wellness requested of me, *ten minutes of quality time with those that matter most.*.....
- On the eleventh day of Christmas, GRACE Wellness requested of me, *eleven combined minutes of stretching, jumping jacks, and pushups.*.....
- On the twelfth day of Christmas, GRACE Wellness requested of me, *twelve minutes to write a prayer for all the things I'm thankful for this Christmas Season.*.....
and a chance to win a chromebook in a pear tree!