

# 2024 EUTF SELF-CARE CHALLENGE

May 13 - June 7, 2024



## Sign up for the 2024 EUTF Self-Care Challenge powered by HMSA!

Complete 600 minutes of self-care activities and be entered in a prize drawing for a chance to win a \$100 Amazon e-Gift card. That's just 30 minutes of self-care activities, 5 days a week, for 4 weeks. You can do it!

**SIGN UP TODAY**

### Self-Care Activities include:

- ✓ Run, walk, bike, swim, paddle/row
- ✓ Yoga, stretch, meditation
- ✓ Strength train
- ✓ Read, volunteer

*Self-care*  
**IS EMPOWERMENT**



Click on ["Sign Up"](#) or scan the QR code to register..

Follow 3 easy steps.

**1**

### Sign up for the Challenge.

Participate as an individual or create a team. Follow the prompts at registration.

**2**

### Log your minutes from 5/13-6/7.

Log your self-care activity minutes during the Challenge.  
Have fun!

**3**

### Complete the Challenge.

You'll be automatically entered in the drawing.  
Congratulations for prioritizing YOU!

[Click here for Official Rules.](#)

powered by HMSA