

Kaiser  
Permanente’s  
4-Week  
Challenge



485 Registered  
Participants



23 State and  
County Agencies



292 Employees  
Formed 39 teams

Top 5 Departments	Program Highlights	Gift Card Winners
<div>1. Human Services</div> <div>2. Judiciary</div> <div>3. City &amp; County of Honolulu</div> <div>4. Education</div> <div>5. Health (tie)</div> <div>5. County of Hawaii (tie)</div>	<div>276 participants met their overall challenge goal!</div> <div>333 employees (69%) logged activity in all 4 weeks of the challenge.</div>	<div>Tiana Cachola</div> <div>- Human Services</div> <div>Cindy Arakaki</div> <div>- Taxation</div> <div>An Hollowell</div> <div>- Univ. of Hawaii</div> <div>Amber Caranchini</div> <div>- C&amp;C of Honolulu</div> <div>Allyn Lee</div> <div>- C&amp;C of Honolulu</div> <div>Rowena Bagayas</div> <div>- Budget &amp; Finance</div> <div>Kim Coleman</div> <div>- Law Enforcement</div>

What participants liked about the challenge:

- “I liked everything about the challenge.”
- “Team challenge helped drive me to succeed.”
- “Getting people to challenge each other.”
- “I was finally able to work out before work because of the challenge. A goal of mine for a long time. My routine changed for the better.”

