

March Incentives

EAT

- 1. Eat the rainbow. Make a list of the fruits/vegetables you eaten that are ROYGBIV [red, orange, yellow, green, blue, purple] (3 pts)**
- 2. March 14th is Pi Day! What's your favorite kind of pie? Sweet or savory? Share a recipe (1 pt)**

PLAY

- 1. What's your favorite spring break activity? Tell about it- whether chilling at home or traveling to some place exotic! (1 pt)**
- 2. Everybody's Irish on St Patrick's Day! Wear green and send a photo (1 pt)**
- 3. What's the best book you're reading recently? And/or the best movie/show you've watched? (Up to 2 points)**

LIVE

- 1. Spring cleaning! What do you do to change the season? Switch sheets, wash windows, outside cleanup? (1 pt)**
- 2. Try a "new" exercise! Something completely new (jujitsu, XC ski), a new routine (new to you walking route, different weights), or something new to you again (skating, yoga class). Share your new adventure! (1 pt)**
- 3. Dance! Try to do a little jig, Macarena, two step, foxtrot each day for a week. Share your favorite dance tunes too (1 pt)**
- 4. March Madness! Make a bracket (men's and/or women's), track it, and send a photo of how you did. No basketball knowledge required! Just search for a blank bracket online once seatings are announced (Up to 2 pts)**

Email your points to employeewellness@stcroixprep.org