WEEK	ACTION/ACTIVITY	RESOURCES
Week of July 25th	• Start planning for August • Consider doing a healthy activities/ musculoskeletal health challenge • Consider having a ergonomics lunch and learn or training • Promote any events on company's social media site and company intranet sites	• Guide – Anthem: Musculoskeletal Health Kit • Challenge program planner • Resource page – CDC: Work-Related Musculoskeletal Disorders & Ergonomics
Week of August 1st	• *Promote ergonomic training and/or musculoskeletal health challenge* • *Hang poster It's Moving Time* • *Distribute flyer Your Office Workout* • *Purchase challenge prizes and incentives*	• Poster: It's Moving Time • Flyers: Your Office Workout
Week of August 8th	• Promote planned activities • Distribute flyer Your Body Needs a Break to Stay Strong • Start challenge – distribute challenge activity log	• Flyer: Your Body Needs a Break to Stay Strong • Challenge Log: Musculoskeletal health challenge activity log
Week of August 15th	• *Distribute flyer Guide to Posture in the Workplace and/or Setting Up Your Work Station* • *Continue and promote challenge*	• Flyer: Guide to Posture in the Workplace • Flyer: Setting Up Your Work Station
Week of August 22nd	• *Distribute flyer Drug-free Ways to Ease Pain* • *Last week of challenge* • *Promote planned events*	• Flyer: Drug-free Ways to Ease Pain
Week of August 29th	• *Distribute flyer Repetitive Motion Injury Prevention* • *Finish musculoskeletal health challenge by tallying points and distributing prizes*	• Flyer: Repetitive Motion Injury Prevention