# Challenge SIGN-IN SHEET

WORK Well NC

**The Manage Stress Challenge** will encourage staff to identify their reaction to stress and utilize stress reduction techniques as a means to manage stress and achieve good health.

Participating staff will receive a log to track their signs and symptoms of stress in addition to the technique(s) they used to help manage their stress. Participants will report their results to the Challenge Coordinator(s) at the end of the activity period.

Activity Starting Date: _____ Activity End Date: _____

Activity Coordinator(s): _____

| Employee Name | Department | Email and/or Phone |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |