

#1

COMPLETE

Collector:	Web Link 1 (Web Link)
Started:	Wednesday, September 27, 2023 11:40:04 AM
Last Modified:	Wednesday, September 27, 2023 11:40:54 AM
Time Spent:	00:00:50
IP Address:	104.28.85.62

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Q1

List your 5+ program ideas here:

Potlucks, walking groups, book clubs, volunteers

#2

COMPLETE

Collector:	Web Link 1 (Web Link)
Started:	Wednesday, September 27, 2023 11:40:06 AM
Last Modified:	Wednesday, September 27, 2023 11:41:10 AM
Time Spent:	00:01:03
IP Address:	107.77.228.228

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Q1

List your 5+ program ideas here:

Potlucks, walking groups, volunteering together, lunchtime wellness activities

#3

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, September 27, 2023 11:39:59 AM
Last Modified: Wednesday, September 27, 2023 11:41:47 AM
Time Spent: 00:01:47
IP Address: 172.56.184.145

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Q1

List your 5+ program ideas here:

1) Mentorship, 2) Peer Recognition, 3) Book Club, 4) Movie Day, 5) Hiking Club

#4

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, September 27, 2023 11:42:16 AM
Last Modified: Wednesday, September 27, 2023 11:42:37 AM
Time Spent: 00:00:20
IP Address: 174.236.99.111

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Q1

List your 5+ program ideas here:

Healthy food options

#5

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Wednesday, September 27, 2023 11:39:51 AM
Last Modified: Wednesday, September 27, 2023 11:42:38 AM
Time Spent: 00:02:47
IP Address: 70.164.104.174

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Q1

List your 5+ program ideas here:

Gratitude Text Buddies, Recess, Nature Walk with Coworkers, OneMinute chair squat, volunteer together

#6

COMPLETE

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Started: Wednesday, September 27, 2023 11:40:30 AM
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IP Address: 166.194.143.28

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Q1

List your 5+ program ideas here:

Employee resource groups, Affinity groups, Special events, coffee with connection, networking community

#7

COMPLETE

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Time Spent: 00:02:51
IP Address: 174.193.131.238

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Q1

List your 5+ program ideas here:

Group outings, working lunches, hold meetings outside, incorporate movement/exercise in the work day, co worker recognition program

#8

COMPLETE

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Time Spent: 00:03:04
IP Address: 174.195.136.46

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Q1

List your 5+ program ideas here:

Business Resource Groups, Team Building W/ volunteering, group fitness, Team lunches, Food Truck Fridays

#9

COMPLETE

Collector:	Web Link 1 (Web Link)
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IP Address:	174.243.243.44

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Q1

List your 5+ program ideas here:

Chili cook-off, cornhole tournament, pickle ball, company picnic, group workouts(5k Trainings), group outdoor activities

#10

COMPLETE

Collector:	Web Link 1 (Web Link)
Started:	Wednesday, September 27, 2023 11:39:58 AM
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IP Address:	107.77.229.153

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Q1

List your 5+ program ideas here:

Steps challenge, mentorship program, in-person all staff meetings, break with buddy (paired with someone walk and talk meetings), potluck, lunch + learns, happy hour/after hours social club, company sports team, hiking/walking group, book club, podcast club,

#11

COMPLETE

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Q1

List your 5+ program ideas here:

Community of Practice, Weekly healthy potluck, Walking Groups and activities, Virtual Healthy (Happy)Hour, Coffee chats for goals and connections

#12

COMPLETE

Collector:	Web Link 1 (Web Link)
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Time Spent:	00:03:03
IP Address:	107.77.230.92

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Q1

List your 5+ program ideas here:

Donate to participate- spirit weeks, use work time to volunteer, colleague resource groups (virtual fitness classes), group challenges, blood drives/flu shot clinic, 5k training Turkey Trot, Wellness Champions

#13

COMPLETE

Collector:	Web Link 1 (Web Link)
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IP Address:	166.194.143.48

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Q1

List your 5+ program ideas here:

Monthly Roadshows, Walking Groups, utilize ERGs and Wellness groups to build more social connections, Monthly coffee chat (virtual), Group workouts

#14

COMPLETE

Collector:	Web Link 1 (Web Link)
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Q1

List your 5+ program ideas here:

Employee resource groups (ex) parenting, service opportunities and volunteering, coffee/tea chats for virtual employees, sponsored physical activity events (5k), alumni employee events

#15

COMPLETE

Collector:	Web Link 1 (Web Link)
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Q1

List your 5+ program ideas here:

Volunteer committees for employees, city summits for employees to come together, centralized chat platform for employees (internal slack), regional team outings, in person team potlucks or virtual

#16

COMPLETE

Collector:	Web Link 1 (Web Link)
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IP Address:	174.210.113.46

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Q1

List your 5+ program ideas here:

Meditation 🧘 time/spaces, growing food 🌱 / connectedness activities/ outside days/