

# Small Changes Challenge



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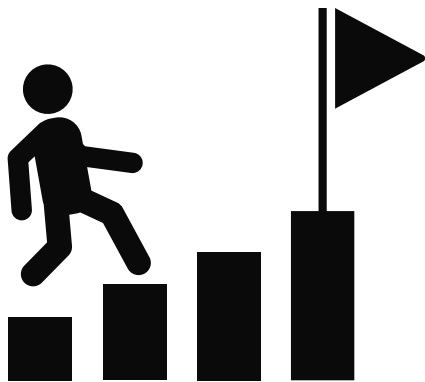
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## What is the Small Changes Challenge?

Over the period of one week (Monday to Friday), participants are encouraged to make 1 small change each day to improve their health. As the Challenge progresses, participants will build on each small change. **By the end of the week, participants will complete 5 small changes in one day.**

## What are the Challenge Rules?



**WHAT:** Choose from a variety of small changes you will make gradually throughout the week.

**WHEN:** The Challenge will be for one week (Monday to Friday) between May 16 to May 20.

**HOW:** For one week in the month of May, build healthier habits one day at a time! See the toolkit for small changes you can make in the office or at home.



## What is included?

- Small changes from the office
- Small changes from home
- Tips to maintaining small changes
- Example of the small changes challenge

# Let's Get Started!