

## JANUARY

- Launch of Triple Play Challenge  
(January 1 - December 31)
- Launch of 2023 Gladiator Assemble

## FEBRUARY - APRIL

- Continue Triple Play Challenge

## MAY

- 5/29 Ola Registration Opens
- Continue Triple Play Challenge

## JUNE

- 6/5 Ola Challenge Begins
- 6/9 Ola Registration Ends
- Continue Triple Play Challenge

## JULY

- 7/1 Introduce 1st Wellness Warrior
- 7/1 Hydration Challenge  
(July 1 - July 31)
- 7/30 Last day of Ola Challenge
- Continue Triple Play Challenge

## AUGUST

- 8/1 SJC Wellness Cookbook  
(August 1 - September 30)
- 8/8 Kaiser Sponsored Wellness Challenge  
(August 8 - September 19)
- Continue Triple Play Challenge

## CHALLENGES AT A GLANCE

**Triple Play Challenge**  
January 1 - December 31

**Ola - Hawaiian Tour**  
June 5 - July 30

**Hydration Challenge**  
July 1 - July 31

**Kaiser Sponsored Wellness Challenge**  
August 8 - September 19

**A Mile a Day**  
September 1 - 30

## SEPTEMBER

- 9/19 Conclude Kaiser Sponsored Wellness Challenge
- Continue Triple Play Challenge

## OCTOBER

- Release SJC Wellness Cookbook
- Continue Triple Play Challenge

## NOVEMBER

- Launch Wellness of Giving  
(November 1 - December 31)
- Continue Triple Play Challenge

## DECEMBER

- 12/31 Conclude Triple Play Challenge
- 12/31 Conclude Wellness of Giving