

This-Not-That Challenge Submission Form

Small choices can lead to big results. The *This, Not That Challenge* encourages participants to make simple, intentional swaps in their daily routines. One small choice at a time can create a big impact.

During this month, choose **10 “This, Not That” swaps** and circle each one as you complete it in your daily routine. Once all 10 swaps are completed, email your **completed submission form** to sjcengage@sjgov.org by **April 7, 2026** to be entered into a prize drawing. The drawing will be held April 8, 2026 at 12:30pm.

THIS		THAT		THIS		THAT			
	Salad	NOT		Fries		Stand & Stretch	NOT		Sit for Long Time
	Fruit	NOT		Chips		Read 10 Min	NOT		Watch TV
	Water	NOT		Soda		Write a To-Do List	NOT		Feel Overwhelmed
	Cook Dinner	NOT		Eating Out		Practice Gratitude	NOT		Negative Thinking
	Pack Lunch	NOT		Buying Lunch		Phone Away Before Bed	NOT		Late Night Scrolling
	Go For Walk	NOT		Scroll on Phone		Meal Plan	NOT		Last Minute
	Take Stairs	NOT		Elevator		Tidy One Area	NOT		Clutter Build Up

Name _____ Employee ID# _____

Job Title/Classification: _____

Department: _____