

# 2022 Oncor Wellness Calendar for Incentives

Key:

- PC = Personal Challenge
- AIUC = Amp It Up Registration
- AIUC = Amp It Up Challenge
- Volunteering Incentive

jan							feb							mar							apr						
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat
						1			1	2	3	4	5			1	2	3	4	5						1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	27	28	29	30	31	24	25	26	27	28	29	30							
30	31																										

- 3 **PC:** Power of Self Care: *Program Starts*
- 4 **Volunteering Incentive:** *Opportunity Starts*
- 24 **AIUC:** Mission Nutrition ... The Power of Nutrition: *Registration Starts*
- 30 **PC:** Power of Self Care: *Program Ends*
- Late Jan: funding for Live Well Incentive if you submitted your Physician Results Form by 08/31/2021
- 7 **AIUC:** Mission Nutrition ... The Power of Nutrition: *Registration Ends*
- 7 **AIUC:** Mission Nutrition ... The Power of Nutrition: *Program Starts*
- Feb: Funding for PC: Power of Self Care Program
- 20 **AIUC:** Mission Nutrition ... The Power of Nutrition: *Program Ends*
- 28 **PC:** The Move of Finding Balance: *Program Starts*
- PC: The Move of Finding Balance: *Continues entire month of April*
- Apr: funding for AIUC: Mission Nutrition ... The Power of Nutrition
- Late Apr: funding for Live Well Incentive if you submitted your Physician Results Form by 12/31/2021

may							jun							jul							aug						
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat
1	2	3	4	5	6	7				1	2	3	4						1	2		1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31	26	27	28	29	30	24	25	26	27	28	29	30	28	29	30	31									

- 1 **PC:** The Move of Finding Balance: *Program Ends*
- 2 **AIUC:** Spring Into Shape ... The Power of Movement: *Registration Starts*
- 16 **AIUC:** Spring Into Shape ... The Power of Movement: *Registration Ends*
- 16 **AIUC:** Spring Into Shape ... The Power of Movement: *Program Starts*
- May: funding for PC: The Move of Finding Balance
- 12 **AIUC:** Spring Into Shape ... The Power of Movement: *Program Ends*
- 20 **PC:** The Power of Family and Friends: *Program Starts*
- Jun: funding for AIUC: Spring Into Shape ... The Power of Movement
- 10 **PC:** The Power of Family and Friends: *Program Ends*
- 11 **AIUC:** All About That Pace ... The Power of Heart Health: *Registration Starts*
- Jul: funding for PC: The Power of Family and Friends
- 1 **AIUC:** All About That Pace ... The Power of Heart Health: *Registration Ends*
- 1 **AIUC:** All About That Pace ... The Power of Heart Health: *Program Starts*

sep							oct							nov							dec						
sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat	sun	mon	tue	wed	thu	fri	sat
				1	2	3						1			1	2	3	4	5					1	2	3	
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30	23	24	25	26	27	28	29	27	28	29	30	25	26	27	28	29	30	31				
							30	31																			

- 18 **AIUC:** All About That Pace ... The Power of Heart Health: *Program Ends*
- 19 **PC:** The Power of Finding Purpose: *Program Starts*
- Sep: funding for AIUC: All About That Pace ... The Power of Heart Health
- 10 **AIUC:** Mistle-Toned/All About That Pace ... The Power of Exercise: *Registration Starts*
- 16 **PC:** The Power of Finding Purpose: *Program Ends*
- 24 **AIUC:** Mistle-Toned/All About That Pace ... The Power of Exercise: *Registration Ends*
- 24 **AIUC:** Mistle-Toned/All About That Pace ... The Power of Exercise: *Program Starts*
- 20 **AIUC:** Mistle-Toned/All About That Pace ... The Power of Exercise: *Program Ends*
- 30 **Volunteering Incentive:** *Opportunity Ends*
- Nov: funding for PC: The Power of Finding Purpose
- Dec: funding for AIUC: Mistle-Toned/All About That Pace ... The Power of Exercise