Follow the set of recommended daily, weekly and monthly tasks to keep your office active for a whole month!

**Daily**
- Take the stairs
- Stand up from your desk once per hour (set an alarm to remind you!)
- Walk for 5 minutes at lunch
- Walk to your coworker instead of sending an e-mail

**Weekly**
- Avoid dessert and fast food at lunch
- Bike or walk to work

**Monthly**
- Hold a walking meeting with a coworker and avoid the board room
- Hold an office-wide salad potluck where each coworker brings either a main (lettuce, spinach), a topping (vegetables, nuts, fruit) or salad dressing

Challenge your coworkers to complete all the activities!