

Date	Task	Incentive: Eligible upon completion of survey and essay
November 2020	Complete Baseline Survey and Reflective Essay	\$20 Amazon Gift Card (5 available) Drawing April 2021
January 2021	Complete Follow-up Survey and Reflective Essay	\$20 Amazon Gift Card (5 available) Drawing April 2021
January - February 2021	Wellness Modules released every 2 weeks	
March 2021	Complete Final Survey and Reflective Essay	\$20 Amazon Gift Card (5 available) Drawing April 2021
April 2021	Drawing for gift cards will be scheduled at the close of the data collection period	For those the completed ALL 3 surveys and reflective essays ONLY: \$50 Amazon Give Card (5 available) Drawing April 2021