

GIVE A SHIFT TIMECARD

Use this card to track completed tasks and challenges throughout your 12-hour shift. Don't forget to follow us and share your progress on social media! Tag @tgwhf and #UHNGiveaShift

NAME: _____

APRIL 30 – MAY 2, 2021

TASK	COMPLETED ✓	HOURS WORKED
PPE & PROTOCOLS		
Wear a mask or face shield		
Wash hands between each activity		
Keep phone in a clear plastic bag for 1 hour		
Eat one meal alone		
Change clothes when you leave/return home		
STAYING ACTIVE		
Log 15,000 steps		
Attend a virtual fitness class		
ACTS OF KINDNESS		
Call or text a friend		
Schedule a virtual hang out		
Deliver a meal or groceries		
Mail a card or letter to someone		
Join the celebration for healthcare heroes (7 p.m. on May 1)		
POST OR SHARE (TAG @TGWHF AND #UHNGiveaShift)		
Share at least one update from your shift		
Send your personal page to 5 friends asking them to donate		
Record a thank you video for healthcare heroes		
Post your completed timecard online		
Post a selfie with your "I Give a Shift" sign		
CREATED YOUR OWN CHALLENGES? ADD THEM HERE!		

TOTAL TASKS COMPLETED: _____

TOTAL HOURS WORKED: _____



IN SUPPORT OF



UHN

Toronto General
Toronto Western
Toronto Rehab

For more information: giveashift.ca