



## 2019 Employee Wellbeing Monthly Challenges/Points Tracking Log

1. Pick up to **3 challenges per month** (1 point per challenge) & track days completed below.
2. Check off any extra bonus points completed during the month.
3. **Submit completed tracking log to your Community Wellness Champion at the end of month.**

Challenge 1: \_\_\_\_\_

Challenge 2: \_\_\_\_\_

Challenge 3: \_\_\_\_\_

**Employee Name:** \_\_\_\_\_ **Month:** \_\_\_\_\_

Day	Challenge 1	Challenge 2	Challenge 3	Day	Challenge 1	Challenge 2	Challenge 3
1				17			
2				18			
3				19			
4				20			
5				21			
6				22			
7				23			
8				24			
9				25			
10				26			
11				27			
12				28			
13				29			
14				30			
15				31			
16							

**EXTRA BONUS POINT OPTIONS:**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Annual Dental Exam                      | <input type="checkbox"/> Attend Health & Wellness Fair | <input type="checkbox"/> Complete Wellness Survey   |
| <input type="checkbox"/> Annual Physical Exam                    | <input type="checkbox"/> Attend Lunch & Learn          | <input type="checkbox"/> Get a Flu Shot             |
| <input type="checkbox"/> Attend Financial Wellness Event/Meeting | <input type="checkbox"/> Complete PHA                  | <input type="checkbox"/> Local walk/run/cycle event |
|  |  | <input type="checkbox"/> Volunteer                  |

**Number of Challenges Completed:** \_\_\_\_\_

*For every challenge completed, your name will be entered into the monthly drawing!*



## 2019 Employee Wellbeing Monthly Wellness Challenges

Challenges with an asterisk (\*) must be successfully tracked for 22+ days.

	<ul style="list-style-type: none"> <li>• Complete 10,000 steps per day*</li> <li>• Complete 150 minutes of moderate intensity exercise per week</li> <li>• Complete strength training exercises <math>\geq</math> 2 days per week</li> </ul>
	<ul style="list-style-type: none"> <li>• Consume <math>\geq</math> 3 servings of fruit &amp; veggies*</li> <li>• Drink 64 oz. of fluids (water, unsweetened tea, milk, black coffee) *</li> <li>• Eat 1 oz. of healthy fats*</li> <li>• Eat 2 meatless meals per week (swap plant-based proteins for animal-based proteins)</li> <li>• Eat a healthy breakfast*</li> <li>• Log your food and beverage intake*</li> </ul>
	<ul style="list-style-type: none"> <li>• Brush teeth twice and floss once daily</li> <li>• Measure blood pressure <math>\geq</math> 1 day per week</li> <li>• Measure body weight <math>\geq</math> 1 day per week</li> <li>• Wear Sunscreen daily</li> </ul>
	<ul style="list-style-type: none"> <li>• Complete any Healthy Mindset Program (<a href="https://sunhealthwellbeing.org/">https://sunhealthwellbeing.org/</a>)</li> <li>• Do something to enhance your mind and memory*</li> <li>• Gratitude: write down 3 things you're thankful for*</li> <li>• Practice relaxation techniques for <math>\geq</math> 15 minutes*</li> </ul>
	<ul style="list-style-type: none"> <li>• Read a financial wellness book *</li> <li>• Keep a log of all your expenses to determine areas of overspending *</li> <li>• Create a plan to pay off credit cards (high interest rates first) &amp; use a tracking form to show progress *</li> <li>• Create a budget: Utilize an online calculator, app or other budgeting tool *</li> <li>• Open a savings account and use direct deposit/automated transfers to build the balance <math>\geq</math> 1 time per month</li> </ul>
	<ul style="list-style-type: none"> <li>• Annual Dental Exam (2 points available)</li> <li>• Annual Physical Exam</li> <li>• Attend a retirement plan meeting held by HR or meet with a financial advisor</li> <li>• Attend Annual SH Health Fair</li> <li>• Attend Lunch &amp; Learn or wellness seminar(4 points available)</li> <li>• Complete Personal Health Assessment (PHA) through Aetna or Banner</li> <li>• Complete the Employee Wellness Survey</li> <li>• Get a Flu shot</li> <li>• Participate in a local walk, run or cycling event (6 points available)</li> <li>• Volunteer at SHINE event, charity or other organization (6 points available)</li> </ul>