



- ployee 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!



Employee Wellbeing Monthly Wellness Challenges

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

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