



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:** _____ **Year:** _____

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

EXTRA BONUS POINT OPTIONS - see page 2 for full bonus challenge description :







- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Annual Dental Exam | <input type="checkbox"/> Attend Annual SH Health Fair | <input type="checkbox"/> Complete Wellness Survey | <input type="checkbox"/> Volunteer |
| <input type="checkbox"/> Annual Physical Exam | <input type="checkbox"/> Complete (PHA) | <input type="checkbox"/> Get a Flu shot | <input type="checkbox"/> Get covid vaccine or booster |
| <input type="checkbox"/> Attend a retirement plan mtg | <input type="checkbox"/> Check detector(s) in home | <input type="checkbox"/> Check each bill/CC Stmt | |
| <input type="checkbox"/> Attend Lunch & Learn or wellness seminar | | <input type="checkbox"/> Local walk/run/cycle event | |

Total # of BONUS POINTS Earned: _____ **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.

 <p>PHYSICAL</p>	<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 ≥ 2 days per week • Just Dance! – Don't just stand there. Bust a move! Dance for 150 minutes each month (average 5 mins per day)* • Toe Touch – spend 1-2 minutes each day trying to touch your toes
 <p>EATING</p>	<ul style="list-style-type: none"> • Consume ≥ 3 servings of fruit & veggies* • 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* • Water Wake Up – Drink a glass of water when you wake up first thing in the morning* • Nutrition Consultation – meet with one of Sun Health's knowledgeable nutrition consultants up to 6 times per year for FREE!
 <p>HABITS</p>	<ul style="list-style-type: none"> • Brush teeth twice and floss once daily • Measure blood pressure ≥ 1 day per week • Measure body weight ≥ 1 day per week • Wear Sunscreen daily • Stand Up – It's that easy. Simply stand up during phone or zoom calls*
 <p>BRAIN</p>	<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 ≥ 15 minutes* • Team Member Kudos – Think of a team member who does their job really well and write a note to their supervisor telling them what makes this team member so great. Write 1 note per week. • Feedback – Ask 5 people to tell you 1 thing you do well and 1 thing you could do better. • Que' Pasa? – Exercise your brain by learning 10 phrases in another language. • It's All Good – Write down 1 good thing about yourself*
 <p>FINANCIAL</p>	<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 ≥1 time per month • Coupon Clipper – use at least 20 coupons (paper or digital) or store rewards • Emergency Fund – Open a separate bank account for emergencies and use direct deposit/automated transfers to build the balance at least 1 time per month
 <p>BONUS POINTS</p>	<ul style="list-style-type: none"> • Annual Dental Exam • 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 • 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 • Volunteer at SHINE event, charity or other organization • Safety Check – Check the smoke and carbon monoxide detector(s) in your home. Don't wait for low battery beep! • Fine-Tooth Comb – Go through each bill, including credit cards to make sure you understand every charge and that you are still using the specific service you are paying for. • Get covid vaccine or booster