Healthy Daily Habits Challenge

If your wellness program has a logo, insert it here to brand this challenge as part of your program!

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Healthy daily habits | Date | Date | Date | Date | Date | Date | Date | Date | Date | Date | Total | Point multiplier | New total |
| Drink 64 ounces of water |  |  |  |  |  |  |  |  |  |  |  | x1 |  |
| Eat at least 4.5 cups of fruits and vegetables |  |  |  |  |  |  |  |  |  |  |  | x1 |  |
| Take a brain break |  |  |  |  |  |  |  |  |  |  |  | x1 |  |
| 30 minutes of exercise |  |  |  |  |  |  |  |  |  |  |  | x2 |  |
| Find 3 minutes during the workday to rest, relax and refocus |  |  |  |  |  |  |  |  |  |  |  | x2 |  |
| Get 7-8 hours of sleep |  |  |  |  |  |  |  |  |  |  |  | x2 |  |
| Have a walking meeting |  |  |  |  |  |  |  |  |  |  |  | x3 |  |
| Bring a healthy snack to the staff room to share with everyone |  |  |  |  |  |  |  |  |  |  |  | x3 |  |

**Grand Total** = \_\_\_\_\_\_\_\_

The wellness committee encourages you to join us in this challenge and have fun with it!

**Challenge rules:**

1. The challenge runs from date to date.
2. Each day of the challenge there are 9 healthy daily habits you can complete. If/when you complete a healthy habit, give yourself a point in that column for that day. You can get 1 point per habit; you do not get 2 points for drinking 128 ounces of water in a day.
3. At the end of the challenge, total your points from each habit.
4. Multiply each total by the point multiplier. Habits that take more effort are worth more points.
5. Total all the points below in the Grand Total space. Then turn in your results to person by date. If there are multiple ways to turn results in, such as paper copies, Google docs or email, please detail that here.
6. Everything is on the honor code.
7. The winner will be announced at a staff meeting/by email/other communication method. Winners can choose between these prizes: enter prize options here.
8. In the event of a tie, the winner will be the staff member who has done the most individual habits (not using the multiplier). If there is still a tie, winners will draw a card and the high card wins.