

Employee Health Wellness Spring Challenge

Add one point for event or achievement completed for that day

Name:		Week 1								March 18 - 24, 2018	
Nutrition	Point/day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total points		
Minimum six 8 ounce glasses water	1										
Minimum 5 servings of fruit and vegetables	1										
Pack/make a healthy lunch for work	1										
Make snacks healthy and avoid junk food (<i>Fruits, veggies, nuts etc.</i>)	1										
No empty calorie drinks (<i>diet or regular pop, energy drinks,)</i>	1										
Fitness	Point/day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total points		
Minimum 20 minutes cardio exercise	1										
Minimum 20 minutes of strength training	1										
20 pushups	1										
Go skating at the West Fraser Centre	1										
Walk your dog (<i>minimum 15 minutes</i>)	1										
Healthy Habits	Point/day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total points		
Stop an unhealthy habit (<i>point each day stopped</i>)	1										
Eat a healthy breakfast	1										
Sit down while eating meals	1										
Read a book 1/2 hour before bedtime (<i>no electronics</i>)	1										
Emotional Wellbeing	Point/day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total points		
Minimum 7 hours of sleep	1										
Volunteer your time	1										
Spend time with a loved one you do not live with	1										
Be Grateful for 3 things	1										
									Total Points for Week		

Minimum 50 points for the week you are automatically entered into the weekly draw.