

# 2024 Quarter 1 Wellness Challenges



## Physical Wellness

- **Get enough sleep** - Getting the right amount of sleep strengthens your immune system, helps you solve problems, helps you reason better, and increases your memory. Earn 1 point for every night you get 8 hours of sleep. **Maximum of 30 points.** Points \_\_\_\_\_
- **Be more active** - February is Heart Awareness Month. One of the best ways to maintain good heart health is to stay physically active. It's easier than you think! Look for ways to stay active in your everyday activities. Earn 1 point for each day you elect to take the stairs instead of the elevator. **Maximum of 25 points.** Points \_\_\_\_\_
- **Exercise Challenge** - Get a combined amount of 150 minutes of exercise each week. Any physical activity will count, i.e. walking, hiking, swimming, biking, gym, weights, anything that will get your heart rate up and get you moving. Earn 10 points for each week you get 150 minutes or more of exercise. **Maximum of 120 points.** Points \_\_\_\_\_

## Nutrition

- **Hydration** - Make sure to drink enough water. Proper hydration is extremely important even in the winter. Earn 10 points for drinking 32 oz. of water a day for at least 30 days. Earn 15 points for drinking 48 oz. of water a day for at least 30 days. Earn 20 points for drinking 64 oz. of water a day for at least 30 days. **Maximum of 20 points.** Points \_\_\_\_\_
- **Avoid soda and fruit juice** - Avoid or limit soda and processed fruit juice (including products labeled 100% juice). They are almost pure sugar dissolved in water with little to no nutritional value. Earn 1 point for every day you avoid drinking soda or processed fruit juice. **Maximum of 30 points.** Points \_\_\_\_\_

- **Eating Healthy** – Beans are considered a “superfood” because they are one of the most nutritious foods you can eat. As a result of their high **fiber** content, beans help to protect against diabetes, cardiovascular disease, and maybe even some cancers. The plant **protein** content in beans helps improve the dietary quality of a meal, and can take the place of meat.

Earn 5 points for each meal you make that includes beans. **Maximum of 25 points.**

Points

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## Emotional Wellness

- **Flex Time** – The Flex Time Challenge invites you to stretch for 100 minutes over a 30-day period (3-5 min/day). When you feel emotionally stressed and tense, a short stretching break can do wonders.

Earn 25 points for completing 100 minutes of stretching over the 30-day period. **Maximum of 25 points.**

Points

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- **Bravo Award** - Give a Bravo Award to a coworker who went above and beyond.

Earn 1 point for every Bravo Award given to a co-worker. **Maximum of 10 points**

Points

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- **Phone Free**- pick a time of day to put your phone away or a social media app to stop scrolling for better mental and emotional wellness!

Earn 1 point for each day you avoid looking at your phone or social media for at least one hour. **Maximum of 30 points.**

Points

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## Intellectual Wellness

- **Weber Reads** - Participate in one of the Book Discussions for January-March at the Library. Visit the website for details on the books being read.  
<https://www.weberpl.lib.ut.us/events/weber-reads>

Earn 15 points for reading one of the books and another 15 points for participating in the book discussion. **Maximum of 30 points.**

Points

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- **Keep a Journal** - Taking the time to write down your thoughts can help with expressing your feelings. Being able to identify your feelings and understanding yourself more and your actions increases intellectual wellness by exposing your mind to deeper thinking

Earn 20 points for keeping a journal during the quarter. **Maximum of 20 points.**

Points

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- **Experience the Arts** – Attend and/or participate in cultural events online or in person. Music, plays, museums, the arts, dance and other cultural activities can help express creativity and stimulate your brain in new ways.

Earn 10 points each time you attend an event. **Maximum of 30 points.**

Points  
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## Environmental Wellness

- **Go Paperless** – A decrease in paper usage is a boon for the environment and a strong first step toward limiting your overall ecological impact. Switch from paper to digital, Invite participants electronically, use phones or computers to keep track of to-do lists, or opt for emailed receipts when possible.

Earn 1 point for every day you take steps to go paperless.

**Maximum of 20 points.**

Points  
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- **Reusable Water Bottle** - Carry a reusable water bottle instead of using plastic-bottled or canned drinks.

Earn 1 point for every day you bring and use a reusable water bottle while at work. **Maximum of 60 points.**

Points  
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- **Prevent Illness** - Help prevent illness by washing, disinfecting, or replacing any of the following most germ-filled items in your home, 1) kitchen sponge, 2) cell phone, 3) toothbrush holder, 4) purse or wallet, 5) pet toys, 6) baby toys, 7) coffee maker 8) refrigerator handle.

Earn 2 points for each item you wash and disinfect or replace. **Maximum of 16 points.**

Points  
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## Financial Wellness

- **Track your spending** - Use any spending tracker tool available.

Earn 20 points for each month you track your spending. **Maximum of 60 points.**

Points  
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- **Money Fast** – Do not spend any money for 4 consecutive days. You pick the days and freeze all spending on those 4 days. That includes online purchases, eating out, gas, groceries, etc. Make a point to plan ahead or go without. The idea is when you plan ahead, you will most likely spend more efficiently.

Earn 20 points for going on a 4 day money fast. **Maximum of 20 points.**

Points  
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- **Attend a Utah Retirement Systems One-on-One Retirement Planning Session** – This can be done via phone call or video conferencing. These sessions are designed for all career stages: beginning, middle, and near retirement.

Earn 20 points for attending a retirement planning session.

**Maximum of 20 points.**

Points  
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## Spiritual Wellness

		Points
<ul style="list-style-type: none"><li>• <b>Service</b> - Spend at least 30 minutes each month serving in the community.</li></ul>	Earn 10 points for each time you serve in the community for 30 minutes or more. <b>Maximum of 100 points.</b>	_____
<ul style="list-style-type: none"><li>• <b>Personal Reflection</b> – Take time each day to journal and reflect on the day. Try guided journal pages if you are just starting out: <a href="#">64 Journaling Prompts for Self-Discovery   Psych Central</a></li></ul>	Earn 10 points each month for writing and journaling. <b>Maximum of 30 points.</b>	Points _____
<ul style="list-style-type: none"><li>• <b>Think Positively</b> - Write down positive things that happen each day. Once you start viewing things in your life in a positive manner, you will find yourself thinking differently and refocusing your mind to a happy, healthy place. When you eliminate negativity and re-frame how you think of certain things and situations, you'll notice yourself being more relaxed.</li></ul>	Earn 10 points each month for writing and keeping track of only the positive things that happen each day. <b>Maximum of 30 points.</b>	Points _____

## Social Wellness

<ul style="list-style-type: none"><li>• <b>Think Again</b> - Read or listen to the book called "Think Again: The Power of Knowing What You Don't Know" by Adam Grant, available at our local Weber County Library!</li></ul>	Earn 25 points if you read (listen) to the book. In order to get the points, submit 5 take-a-ways you learn from the book. <b>Maximum of 25 points.</b>	Points _____
<ul style="list-style-type: none"><li>• <b>Reach out to a Friend</b> –Reach out and check on a friend or neighbor who might be struggling or who you haven't spoken with in a while. It can be as simple as giving them a call or dropping off a gallon of ice cream. Just connect and say hi and let them know you care.</li></ul>	Earn 5 points for reaching out to one friend/neighbor Earn 10 points for reaching out to two friends/neighbors <b>Maximum of 10 points.</b>	Points _____
<ul style="list-style-type: none"><li>• <b>Shout Out</b> – Compliment 30 people in front of others over a 30-day period. Giving a public compliment is like throwing a stone in a pond, creating continuous ripples of goodness that flow out into the world. Examples: Tell the store clerk you appreciate how fast or friendly they are, praise your spouse in front of your children or send a complimentary email to someone and copy others on the message.</li></ul>	Earn 25 points for completing the Shout Out Challenge in a 30-day period. <b>Maximum of 25 points.</b>	Points _____

## Screenings and Check-ups

Complete your annual mammogram or prostate exam	Earn 20 points	Points _____
Complete your colonoscopy exam	Earn 50 points	Points _____
Complete your dental check-up	Earn 20 points	Points _____
Complete you annual physical	Earn 25 points	Points _____
Complete your flu shot or COVID Vaccination	Earn 15 points	Points _____
Complete your annual skin cancer screening	Earn 15 points	Points _____

## Bonus Points

- **Recipe** - Share a healthy recipe to add to the Weber Elevated Cookbook Page. Earn 10 points when you submit a healthy recipe. **Maximum of 10 points per quarter.** Points  
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- **Photo** - Share a photo of you completing any of the wellness challenges. For example, if you are participating in the "Catch a Flight" program, take a selfie of you walking the stairs to share on the wellness website. Earn 10 points when you submit a photo of you completing any wellness challenge. **Maximum of 10 points per quarter.** Please read disclaimer below. Points  
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*By submitting a photograph, you certify that you are over the age of eighteen (18) and are the copyright owner of the photograph, or you have the permission of the copyright owner to use it for the purposes described in this paragraph. You grant permission to Weber County to use the photograph to promote its employee wellness program without compensation to you. In addition, you grant permission to Weber County to use and publish the photograph on its public websites. If there are others depicted in the photograph, you have obtained their consent, or if they are a minor, the consent of their parent or guardian, to be depicted in the photograph as it is used for the above-stated purpose. Furthermore, you agree to release and indemnify Weber County and its employees from and against any claims and liabilities relating to the use of the photograph.*

Total Points: \_\_\_\_\_

