

2025 Quarter 1 Wellness Challenges



Permanent Wellness Challenges

<ul style="list-style-type: none"> • 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. 	<p>Earn 10 points for each week you get 150 minutes or more of exercise. Maximum of 120 points.</p>	<p>Points _____</p>
<ul style="list-style-type: none"> • Restful Night Challenge- Getting the right amount of sleep strengthens your immune system, helps you solve problems, helps you reason better, and increases your memory. 	<p>Earn 1 point for every night you get 8 hours of sleep. Maximum of 30 points.</p>	<p>Points _____</p>
<ul style="list-style-type: none"> • Hydration - Make sure to drink enough water. Proper hydration is extremely important even in the winter. 	<p>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.</p>	<p>Points _____</p>
<ul style="list-style-type: none"> • Bravo Award - Give a Bravo Award to a coworker who went above and beyond. 	<p>Earn 1 point for every Bravo Award given to a co-worker. Maximum of 10 points</p>	<p>Points _____</p>

<ul style="list-style-type: none"> • 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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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

<ul style="list-style-type: none"> • 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 _____
<ul style="list-style-type: none"> • 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 _____

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: _____

