2025 Core Wellness Challenges
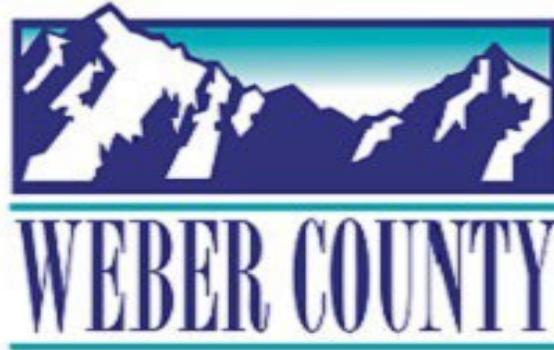
Permanent Wellness Challenges

- **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 150 points.*

  Points _____

- **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.

  Earn 1 point for every night you get 8 hours of sleep. *Maximum of 30 points.*

  Points _____

- **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 _____

- **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 _____

- **Reader's Digest**- Read a book with at least 150 pages this quarter. Here's a list of classics to help get you started: https://www.goodreads.com/list/show/449.Must_Read_Classics

  Earn 30 points for reading a book of at least 150 pages. ***Maximum of 30 points***.

  Points
  _____

- **Attend Weber County's Financial Wellness Class - Earn 25 points for attending each of the Weber County Financial Literacy Classes. Maximum of 50 points.**

  Earn 25 Points for each Financial Literacy Class Attended

  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

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.***

- **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
  _____

Total Points: _____