



Wellness Challenge 2024





- Together with your assigned team, you will complete weekly challenges for points
- The challenge will run from October 1st - 28th



Weekly Points for Steps

- Earn 1 point each week for reaching the weekly step goal.
- Record and submit your steps even if you didn't quite reach the goal, as they will count for your team and the step grand total at the end.



Weekly Points for Activity

- Earn 1 point for each hour of physical or wellness activity other than walking. 1 point max per day (7 max per week).
- Minutes of the hour can be cumulative – so if you do an activity 30 minutes on 2 different days, you can give yourself 1 point.



Weekly Bonus Point

- The Bonus challenge will be announced weekly and can be found on your printable calendar. These are worth 1 point per week.
- Additional special points may be added throughout the challenge, just check your weekly email update.





Weekly Points Overview

STEPS	1 possible point per week
ACTIVITIES	1 possible per day, up to 7 points per week
BONUS	1 possible point per week
SPECIAL	Additional point opportunities for special events during the week



Printable Calendar

If you want to print the calendar to track your steps and points, this one is available. You will submit your totals with the digital form we will send out. The calendar and links to forms will be on the Wellness Site and also emailed.



WELLNESS CHALLENGE 2024

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
		01 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	02 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	03 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	04 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	05 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>
06 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	07 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	08 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	09 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	10 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	11 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	12 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>
13 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	14 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	15 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	16 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	17 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	18 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	19 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>
20 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	21 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	22 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	23 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	24 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	25 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	26 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>
27 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	28 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	29 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	30 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>	31 <div>BONUS</div> <div>STEPS</div> <div>ACTIVITY</div>		

NAME

TEAM

WEEK 1

THIS WEEK'S BONUS:
DRINK 64OZ OF WATER EACH DAY

BONUS POINT

1 FOR 5 OF 7 DAYS CHECKED

STEP TOTAL

GOAL: 70,000

ACTIVITY POINTS

1 FOR EACH HOUR 7 MAX PER WEEK

WEEK 2

THIS WEEK'S BONUS:
GET 1 EXTRA HOUR OF SLEEP

BONUS POINT

1 FOR 5 OF 7 DAYS CHECKED

STEP TOTAL

GOAL: 70,000

ACTIVITY POINTS

1 FOR EACH HOUR 7 MAX PER WEEK

WEEK 3

THIS WEEK'S BONUS:
EAT 1 EXTRA SERVING FRUIT/VEG

BONUS POINT

1 FOR 5 OF 7 DAYS CHECKED

STEP TOTAL

GOAL: 70,000

ACTIVITY POINTS

1 FOR EACH HOUR 7 MAX PER WEEK

WEEK 4

THIS WEEK'S BONUS:
1 HOUR WITH NO SCREENTIME

BONUS POINT

1 FOR 5 OF 7 DAYS CHECKED

STEP TOTAL

GOAL: 70,000

ACTIVITY POINTS

1 FOR EACH HOUR 7 MAX PER WEEK

WEEKS RUN TUESDAY THROUGH MONDAY

WEEKLY BONUS EARNED FOR 5 OUT OF 7 CHECKS IN A WEEK. 1 POINT MAX PER WEEK.


1 POINT FOR REACHING WEEKLY STEP GOAL

1 ACTIVITY POINT EARNED FOR EACH HOUR OF PHYSICAL ACTIVITY (RUNNING, WORK OUT CLASSES, GARDENING, PLAYING A SPORT, ETC.) - 1 POINT MAX PER DAY, 7 MAX PER WEEK.

Wellness Site

The Wellness Site will be the archive of everything related to the Challenge. We will send out this link in each email so it's easy to access.

<http://www.naht.org/wellness>



WELLNESS CHALLENGE 2024

STEP GRAND TOTAL

[October 2024 Wellness Calendar](#)[Week Information and Submit Steps](#)

Current Team Leaderboard

Rank	Team	Step Total
1	Team 1	
2	Team 2	
3	Team 3	
4	Team 4	

Weekly Submission Form

Submit your steps and points with this handy form. A link to the weekly form will be sent out and can also be found any time on the Wellness Site.

- Please fill in your daily step counts for this week in the form below.
- 1 hour of additional physical activity earns 1 point per day, max 7 per week.
- This week's bonus category is Water - check the box on each day you drank at least 64oz of water.

May 1st - May 7th

	Step Count	Activity Points	Bonus
Sunday			<input type="checkbox"/>
Monday			<input type="checkbox"/>
Tuesday			<input type="checkbox"/>
Wednesday			<input type="checkbox"/>
Thursday			<input type="checkbox"/>
Friday			<input type="checkbox"/>
Saturday			<input type="checkbox"/>

Step Total for Week - Week 1 Step Goal: 20,000 total (~3,000/day)

Teams

Team 1

Lori
Travis
Randy
Emily
Stephanie
Tracy
Zoe
Michael L.
Jarrett
Karen
Brian R.

Team 2

David B.
Pamela
Sheilla
Jack
TJ
Jill
Nicole
Cullen
Lizzy
Amber

Team 3

Michael R.
Julie
Heather
Michelle
Alexandria
Susan
Lynn
Dave M.
Brian D.
Paul

Team 4

Andrea
Isabela
Althea
Amy
Nicole
Killian
Alexandra
Meena
Matt
Lauren

New Challenge: Learn A New Skill

- This challenge encourages you to learn a new skill!
 - It can be anything from learning a new recipe to learning how to play a new game or sport.
 - This challenge will start at the beginning of the Wellness Challenge and go all the way until the end.
- Track your progress and, at the end, we can share what we learned with each other!
- Extra points will be awarded to those who share their experience.

Team Breakout Rooms

- Decide on your Team name (keep it work appropriate :)
- Create some goals for your team/strategize
- Pick dates for group walks (in person walk or via teams on your phone)





We hope this challenge motivates you and your team to get out of your comfort zone and improve your healthy habits!

Wellness Committee: Heather Holland, Lynn Baker, Tracy Tartt, Emily R. Soares, Zoe Haithcock, Travis, Sanders, Amy Galetzka

Together We Fit

