

MARCH Employee Wellness Challenges

"It benefits us to be thoughtful, not of the glory of our minds, but rather, above all else, of the glory of God." --Johannes Keppler



Physical

Accumulate
180,000 steps
this month (6,000
steps per day)

10 points

Spiritual

Memorize a
Bible verse

10 points

Mental

Personal Growth.
Examples:
--podcast/book
--learn something
new
(80 minutes total)

10 points

Social

Look for ways to
perform a
random act of
kindness 5 times

10 points

Financial

Meet with a
financial
advisor/take an
online financial
course/assessment

10 points

Physical

Get up every
hour and walk for
at least 5
minutes for 10
days

10 points

Employee Wellness BONUS

Participate in the
Employee
Wellness Prayer
Walk

20 points

Once/Semester

--Dental exam
--Physical exam
--Eye exam
--Accumulate 200
miles in activity

10 points

Extras

--Participate in
intramurals
--Create a 5K
adventure
--Donate blood

10 points each

Extras

--No phone 1 hr.
before bed 7 days
--Participate in the
Duck Walk

10 points each