

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 Kepler



Physical

Hit 180,000 steps this month (about 6,000 a day)

10 points

Spiritual

Memorize a new Bible verse weekly (4 minimum)

10 points

Mental

Get 80 minutes (minimum) of personal growth this month (podcast/book/etc.)

10 points

Social

Perform 5 acts of kindness

10 points

Financial

Do a financial check-in: advisor meeting or online course/assessment

10 points

Physical

Walk at least 5 minutes every hour of work for 10 days

10 points

Employee Wellness BONUS

Participate in the Duck Walk March 3-4

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
- Workout streak 5 days in a row.

10 points each