

# 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

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**