



Racine County Team Wellness Challenge

HAVE FUN: Have fun with this and use the honor system (and your best judgement) for whether an activity counts for a point after looking at this POINT SHEET KEY (Below).

HOW MANY POINTS: You will have an opportunity to get one point a day from each of the 3 categories (Movement, Vegetables, Water) to go towards your team's totals. That is a potential for up to 3 points each day, that you can individually earn. Please note, you cannot score multiple points in one category on a given day.

Feb 13 - Mar 10, 2023

ADD MOVEMENT:

- 30 minute movement session
- 30 minute yoga or Pilates
- 15 minute stretch and/or myofascia release
- 30 strength training session
- 20 minute HIIT (high intensity interval training)
- 30 minutes cardio (walk/run/elliptical/swim/etc)
- 30 minute walk/run/movement outside

ADD VEGETABLES:

- I ate 1/2 my plate (amount eaten at a meal) in vegetables
- I tried a new fresh vegetable or fruit today
- I ate 5 or more servings of fresh fruit and veggies today
- I started each meal or snack with a vegetable
- I ate vegetables in each meal today

ADD WATER:

- I drank 1/2 my body weight in ounces of water today
- I drank a glass of water (approx. 8-10 ounces) prior to any snack or meal today
- I only drank water today (no alcohol or juice)
- I had a bottle or glass of water available, with me all day today.

Please click if you want to learn more

WELLNESS KICKOFF MEETING RECORDING

RECORD YOUR WEEKLY POINTS EACH FRIDAY

CLICK HERE



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