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Name of the Game Healthy Habits Team Challenge

Theme Mental and Physical Wellness.

Objective Score as many health points as possible as an individual and a team (prizes for each).

Improvement Goals Personal goals were set by every participating individual and the metrics of the score board were built around those goals. We ended up with a scoreboard that included a really well rounded list of health activities.

Duration 04/09/2018 7:00 AM - 06/30/2018 11:00 PM

- Rules of the Game**
- Three teams will compete to see who can score the most health points.
 - Each person will be assigned an accountability buddy to help keep them on track through the length of the challenge.
 - Those in the lead will be featured on Yammer and in the company meeting.
 - Players will contribute to a "pot" that the winning team will share.
 - The single individual with the most overall points will take home the highly desired, the world renowned, the elite... HEALTH SUPER STAR AWARD.
 - Weight and other personal information need not be disclosed - we will only be tracking weight/metrics lost!
 - Points will be given for both physical and mental health activities.
 - A healthy body and mind allows for a healthy you!

Scoreboard Image(s)

	Matt	Connie	Elaine	Laura	Kim
Goal(s)	Improve Army Physical Fitness Test score to 90% in each event. Pushups: 68, Situps 75, 14:00 2 Mile run. Rock time goal: 36:15 on 12 mile on 6/30	Weight = Drop 12 lbs. Exercise = Minimum 4 times/week Miscellaneous = Do 25 consecutive pushups (annual goal is 50)	Drink 64 oz water daily. Strength training for my neck/back 3-4 times per week (from PT), no wine Sunday through Thursday (unless special occasions). Ultimate goal to lose some weight and have more energy	I would like to lose approx 5 pounds plus start exercising regularly.	Lose 5 lbs. and manage stress better
Plan	Continue training with my workout partner thru the week, 6 mile rock Wednesday, 12 mile rock on Saturdays.	I actually started healthy eating last week, and it's going great! I will simply make myself go to the gym at least 4 times per week, and part of my routine will be pushups (thanks for the pushup suggestions Matt)	Using my journal daily to help me stay motivated and on track. Listening to meditation music at work, to help me relax. Follow PT plan for strength training.	I just started weighing myself daily until I reach my weight goal, and I plan on eating less. Plus, I dusted off the treadmill last weekend and am starting to use it again. I also plan on taking more frequent walks with my husband and our dog in the evenings. When the weather gets better, also plan on bike riding!	Eat clean 90% of time (meal plan/prep), workout 3x/week, manage at least 1x/mo., journal/meditate daily, spend time outdoors if it ever gets nice again. I take at least 4 hours for myself each week
Weakness(es)	Snacks - I am trying to replace junk for fruit	I love baked goods, and sugar in general. If I let myself get too hungry, I will almost certainly over-indulge	Snacks at work :(Wine if a stressful day :(Eating food when I get home before dinner	Stress eating - putting self care last
What can we do to help?	Keep talking as a group, hold accountable etc.	Hearing from all of you on a regular basis will help me stay focused :)	Talking with everyone helped today, so let's keep it up!	Let's share our progress to keep us all motivated!	Continue group interaction and accountability.
Comments		I might add something to this for meditation, but I have to give that a try first	I have 2 windings, one in June and one in August so I am MOTIVATED :)		Let's do this!

TASKS	Team Kilo Out The Gate						Team Foxtrot One and Looking Good						Team Golf (Get It??) Good							
	Andy	Al	Tracy	John	Sherry	Rob	Holly	Emily	Anthony	Karla	Tracy	Joak	Matt	Connie	Elaine	Laura	Kim	Joel	Ken	Jim
June 1 Award - 5 Points	5						5													
20 Minutes of Laughter - 2 Points	10					20	40													
20 Minutes of Strength Training - 3 Points	9						40						38	5						
3 Day Streak on Any Nutrition Tracker - 7 Points							34							5			28			7
Healthiness: Work with Others - 5 Points							22													
Healthy Breakfast - 3 Points	12				21		21					21	21	21	21	21	21	21	21	21
Healthy Lunch - 3 Points	12				21		21					9	21	21	21	21	21	21	21	21
Healthy Dinner - 3 Points	21				21		21					21	21	21	21	21	21	21	21	21
Run a 1/2 - 21 Points	21				21		21					21	21	21	21	21	21	21	21	21
Half Marathon - 21 Points	21				21		21					21	21	21	21	21	21	21	21	21
30 Minutes of Walking - 3 Points							21													
Wipe - 2 Points							2													
Weatherman - 3 Points	14				14		14					14				14	14	14	14	14
Accounting - 3 Points	14				14		14					14				14	14	14	14	14
3 Day Streak on Any Nutrition Tracker - 7 Points	14				14		14					14				14	14	14	14	14
Use "No" to 3 Different Items (Offered for Food) - 10 Points							10					10	10							
Get 8 Hours of Sleep Each Night (for a week) - 20 Points							20					20	20							
Try a New Exercise/Healthy Recipe - 10 Points							10					10	10							
Quit Smoking for at least 30 Days - 25 Points							25					25	25							
3 Day Coffee Detox - 10 Points							10					10	10							
Weekly Total	61	61	61	61	61	61	222	61	61	61	61	61	61	61	61	61	61	61	61	61
Grand Total	1218	1218	1218	1218	1218	1218	7288	1218	1218	1218	1218	1218	1218	1218	1218	1218	1218	1218	1218	1218



Prizes and Award Schedule

- Players contributed to a “pot” that the winning team shared.
- The single individual with the most overall points will took home the highly desired, the world renowned, the elite... HEALTH SUPER STAR AWARD
- Prizes were awarded at the end of the challenge
- Recognition was given to top participants weekly and monthly through check-in e-mail and at company meetings

Non-Monetary Benefit to the Company

- Metrics
- 102.2 Pounds Lost
 - 19,890 Mins of Cardio
 - 7,627 Mins of Strength Training
 - 3,380 Mins of Hiking
 - 68 Three Day Streaks on a Nutrition Tracker
 - 83 Healthcentric Sessions
 - 296 Healthy Meals
 - 146 5Ks
 - 9 Half Marathons
 - 97 Yoga Sessions
 - 396 Meditation Sessions
 - 265 Journal Entries (Don't worry we didn't count the accounting type of journal entries 😊)
 - 34,048 oz of Water Consumed
 - 331 Times We Said NO to Something Delicious

- 28 Weeks of Full Rest
- 58 New Exercises/Recipes Tried
- 1 Unhealthy Habit Broken for 30 Days
- 3 Five Day Coffee Detoxes
- 1 Body Building Competition Complete ♥

**Prizes, Rewards and
Celebration
Investment**

USD 150.00