

# FEBRUARY Employee Wellness Challenges

**"Satan does not care how many people read about prayer, if only he can keep them from praying." --Paul E. Billheimer**



## Physical

Get 10 minutes of outdoor activity on at least 12 days

**10 points**

## Spiritual

Spend 10 minutes in prayer/devotion daily for 10 days

**10 points**

## Mental

For 7 days, write down 3 things you're grateful for.

**10 points**

## Social

Walk to a colleague's office instead of calling

**10 points**

## Financial

Pack lunch, don't buy it—for 5 days

**10 points**

## Physical

For 10 days, drink half an ounce of water per pound (max 1 gallon) per day

**10 points**

## Employee Wellness BONUS

Participate in Employee Wellness Indoor Picnic Feb. 12

**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 eating within 4 hours of bedtime for 10 days
- Swap a harmful habit for a healthy one

**10 points each**