

# Harvest Your Health

A HEALTHY HABITS CHALLENGE



SIGN-UP



PARTICIPATE



EARN CREDIT



## SIGN-UP

REGISTER FOR THE CHALLENGE

1. Log into the **Wellness Portal**  
[www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com)
2. Click **MENU>Challenges**
3. Find the **Harvest Your Health Challenge** and click **Sign Up**



## PARTICIPATE

REQUIREMENTS TO EARN CREDIT

- You must complete **8 habits** in order to receive **25 points** towards your yearly wellness program goal
- Click each icon to view the habit details
- Once you complete the habit in its entirety, click **Complete**
- You can complete the habits in **any order** you wish
- Only **one (1)** habit can be completed per day



## EARN CREDIT

FOR COMPLETION

Each habit has a certain “**pumpkin**” value associated with it. Complete enough habits to total **8 pumpkins** and you will receive **25 points** towards your yearly wellness program.

## TRACK ON OUR APP

1. Log into your **Wellworks For You Smartphone App**
2. Click the **Challenges** tile
3. Select the
4. **Harvest Your Health Challenge**
5. Choose **Track Habits** to mark off, or view details about a habit, or **View Leader Board** to view where you stand on the **Leader Board**

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## Walk

Take a 20-minute walk break at least 4 times during the course of one (1) week.



## Clean Teeth

Brush your teeth twice a day, every day, over the course of one (1) week.



## Veggies

Eat 4 different veggies during the course of one (1) week.



## Cardio

Complete at least 4 days of cardio during the course of one (1) week.



## Earlier Riser

Wake up 15-minutes earlier than usual, for 5 total days, to avoid stress in the morning.



## Family Time

Spend time with your family at least 4 days over the course of one (1) week.



## Strength Training

Complete at least 3 days of strength training over the course of one (1) week.



## Park Further Away

Park further away from your work entrance 3 days over the course of one (1) week.



## Drink Water

Drink half your weight in ounces of water 4 days during the course of one (1) week.



## Food Shopping

Go food shopping at least once during the length of the challenge to help you meal prep for the week.



## No Seconds

Avoid going back for second-helpings for 3 meals during the course of one (1) week.



## Snack Healthy

When hungry between meals, reach for something that is high in vitamins, nutrients, and fiber 3 days during the course of one (1) week.



## To-Do List

Create a to-do list at the beginning of the week to help prioritize your tasks. Do this for one (1) week to earn credit.



## Eat Breakfast

Eat a healthy breakfast at least 3 days over the course of one (1) week.



## Pack Your Lunch

Pack your lunch at least 3 times during the course of one (1) week. Remember to make healthy choices.



## Meditate to Destress

Meditate at least once during a work day to help alleviate stress.



## Sleep

Get at least 7-8 hours of sleep 4 times during the course of one (1) week.



## Preventative Screening

Completed a preventative screening this year. Screenings include annual exam, dental, vision, mammogram, colonoscopy, prostate, OB/GYN.

