



4-Week Wellness Challenge

February 5 – March 3, 2024

You are invited to participate in the 4-Week Wellness Challenge 2024. In this challenge, we are addressing four wellness dimensions: financial, occupational, intellectual, and spiritual wellness. Wellness dimensions are interconnected and when combined, can lead to a more balanced and meaningful life.

This challenge will encourage you to pay more attention to areas of wellness that you may be neglecting by suggesting specific, simple and fun things for you to do each day.

How do I get started?

1. You can sign up for one of two categories.
 - a. As a team of **two to five** members. Teams can be made of students, NLC employees or a combination of students and NLC employees.
 - b. As an individual
2. Select a fun team name! Get creative, there are points to be won!
3. If you are part of a Team choose someone to be the Team Captain.
4. Complete the **Online Registration form** as either a team or individual.
5. Download your tracking cards
6. Start tracking your points!
7. HAVE FUN!

How does the challenge work?

Individuals

- Each week you will **track points for each activity** you complete.
- You can **earn Bonus Points** by repeating one of the weekly activities on the weekend.
- You can also earn Bonus Points by submitting a picture of yourself completing one of the activities. Get creative with these pictures! **You can submit one photo per week and gain up to 1 bonus point.**
- Each Monday morning, count the points earned for previous week and send your results to your team captain. – Example for the week of February 5 to 11, submissions need to be submitted on Monday, February 12.
- *Example of Individual Tracking*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	BONUS	TOTAL
Challenge someone with a riddle.	Watch an educational video.	Learn a new language.	Read about current events.	Work on a puzzle.	Repeat any activity from Week 3 to earn 1 bonus point.	Earn an extra point for sending a picture.	
1	0	1	1	0	1 Worked on a puzzle.	1	5 points

Teams

- Each week EVERY team member tracks their points on the Individual Tracking card.
- You can **earn bonus points** by repeating one of the weekly activities on the weekend
- Send your individual tracking card to your Team Captain.
- Team Captains will enter the individual points on to the Team Tracking card and submit everything for the week by the end of day the following Monday – Example for the week of February 5 to 11, submissions need to be submitted on Monday February 12.
- Teams can also earn points by submitting a picture of the team completing one of the activities. Get creative with these pictures! **Your team can submit one photo each week and gain up to 1 bonus point per week.**

Example of Team Tracking

WEEK	DATE	POINTS EARNED
1	<u>February 5 to February 11</u> Gillian – 4 Tylane – 5 Crystal – 6 15 points	-Total of all points earned by members= 15 -Divide the total of points by number of team members: $15/3 = 5$ -If a picture was sent, one point will be added: $5 + 1 = 6$ points for week 1
1	<u>February 5 to February 11</u> Laura – 5 Amanda – 6 Kathy – 6 Jasmine – 4 Leon - 5 26 points	-Total of all points earned by members= 26 -The average of the total: $26/5 = 5.2$ -If a picture was sent, one point will be added: $5.2 + 1 = 6.2$ points for week 1

How will the Wellness Challenge Champion be selected?

At the end of the 4-week challenge, once all tracking forms have been submitted, the challenge champions will be selected based on the following criteria:

- Most creative team names.
- Most points earned.
- We will choose winners from both the Team and Individual categories.
- Challenge wellness champions will be contacted via college email and will win a fabulous wellness prize!

Share your progress, tips and tricks with us on the Northern Lakes College app or ask a question at studentwellness@northernlakescollege.ca



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TEAM TRACKING CARD

Team Name

Team Captain

Instructions

1. Each member of your team will keep track of the number of points they earned using the individual tracking card. Ask them to send their weekly tracking card to you every Monday morning.
2. Team Captains will enter the individual points on to this Team Tracking card and submit everything for the week by the end of day the Monday after the week – Example for the week of February 5 to 11, submissions need to be submitted on Monday February 12.
3. Teams can also earn on bonus point by submitting one picture of the team completing one of the activities. Get creative with these pictures!

POINTS TRACKING

WEEK	DATE	BONUS POINT FOR PICTURE SUBMISSION	POINTS EARNED
1	Feb 5 – Feb 11		
2	Feb 12 – Feb 18		
3	Feb 19 – Feb 25		
4	Feb 26 – March 3		
TOTAL CHALLENGE POINTS Earned by the team for all 4 weeks			

If you have any questions, please contact:

studentwellness@northernlakescollege.ca



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WEEK	WELLNESS FOCUS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
1	Financial 	Give up a guilty pleasure. Instead of buying coffee/tea, bring your own beverage to work.	Money Smart. Read an article or watch a video about a finance topic of your choice.	No spend day. Avoid spending money today. Bring your lunch and cook with what you have at home.	Start a coin jar. Gather your loose change and create a coin jar. Whenever you have extra, pop it in. It adds up quickly.	Sell/Donate. Sell or donate an item you aren't using anymore.	Repeat any activity from Week 1
2	Occupational 	Set a realistic work/school goal. Create a plan to reach it and start working the plan.	Ask a question. Ask someone about their career. What do they like about it? How did they get into their career field?	Uninterrupted 20 minutes. Work on that task that you don't really love for 20 minutes without interruptions.	Take breaks. Take a walk, stretch or simply lean back against your chair. This will help to prevent burnout.	Teachable moment. Do you have a special skill? Any interesting knowledge? Teach someone something today.	Repeat any activity from Week 2
3	Intellectual 	Challenge someone with a riddle. Have fun and challenge someone to a riddle today.	Watch an Educational video. Watch a YouTube video about self-improvement, goal setting, habit tracking or productivity.	Learn a new language. Learn a few words or sentences in a new language today.	Read about current events. Read about the current events happening in our country and in the world.	Work on a puzzle. Challenge yourself to work on a puzzle, crossword, sudoku or logic game.	Repeat any activity from Week 3
4	Spiritual 	Find an inspirational quote/mantra. Read an uplifting quote, article or book.	Pray/meditate. Take a few minutes to express gratitude for what you have.	Create Art Dance, write, paint, draw, sing... whatever speaks to you.	Mindfulness in a cup. Make a cup of your favourite hot beverage but take a moment to experience it with all your senses. Sight? Sound? Smell? Touch? Taste?	Positive affirmations. During the day, say or write at least three positive affirmations.	Repeat any activity from Week 4

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