9/14/2018 Holly Linton



Contestant Holly Linton, hlinton@imageoneway.com, 2484144211

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!

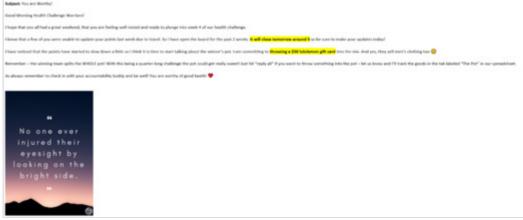
## Scoreboard Image(s)

			Team 6501						
	Matt	Connia	Elaine	Laura	Kim				
Improve Army Physical Fitness To 90% in each event, Pushups 68, 5 34.50 2 Mile nan. Ruck time goal: mile on 658ss		Canadian a Mileimon & Smarthauk	Drink 64 oes water daily. Mneight training for my excluback 3-4 times per week (from PT), no wine Sunder through Thursday junless special occassion). 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. Emile nuck wednesday, 12 mile nuck on Saturdays.  I actually started healthy enting last and it's going great it will simply nuck my the week, it mile nuck week, and part of my routine will be pushed by the pushed suggested.  Matt)		Using my journal daily to help me stay motivated and on track. Literaing to moditation music at work, to help me relax. Follow PT plan for strenged transing.	less. Plus, I dusted off the treadmit last weekend and an starting to use it again. I also plus on tables more frequent unife.	Eat clean 90% of time (meal plan/grep), workout 3x*ek, manager at least 1x/mo., journal/meditate daily, spend time outdor if it ever gets rice again; 1xake at least 4 hours for myself each week				
Westmess(es)	Snacks - I am trying to replace junk for fruit	I love tasked 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 accountabile 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 lind I	I have 2 weddings, one in June and one in August so I am MOTTVKF(D: ()		Set's do this!				

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Sult Smoking for at least 16 Days - 25 Points																									
Day Coffee Dates: 10 Paints																									
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## 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 (2))
- 34,048 oz of Water Consumed
- 331 Times We Said NO to Something Delicious

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- 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