



WEEK 3 WEC - WELLNESS CHALLENGE  
June 23 - 26

**W** - Water, water, water - make sure you drink at least 8 glasses every day- good for your organs, good for your skin, just plain good for you. 100 points for each day you meet this water requirement

**E** - Energize yourself by taking in proper nutrition - and track every bite. Take 50 points for each day that you track your food (or count points) Pay close attention to the nutrients you are eating and make your choices healthy ones. 50 points for each day that your choices are healthy.

**L** - Laughter is the best medicine. Think about the last time you really laughed a good belly laugh and relive that moment. Enjoy the lift to your spirits that that laugh gives you. One time points of 50 points for reliving that moment and another 50 points for sharing that moment on your team thread.

**L** - Learn what triggers you to go off program. Explore the last time you went off program and try to figure out what triggered it. Come up with a plan to not let it sabotage you again. 100 one time points. Share on your team thread for a bonus of 50 points.

**N** - Nourish your soul - meditate, read something inspiring, have a massage - do something each day of the weekend that relaxes and nourishes your soul. 50 points for each day you nourish your soul.

**E** - Exercise - take a walk, run, lift some weights, do an exercise video - 50 points for every 30 minutes of exercise you do over the weekend.....No Limit

**S** - Share your successes with the team - it can be any success you have had on this journey, - 50 points for each success you share - 1 success per day of the challenge

**S** - Snooze - get at least 7 hours of sleep each night of the challenge - 50 points for each night of 7 hours or more

Wellness Scoring:

Fri    Sat    Sun    Mon

W -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ ( 100 per day max)

E -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ ( 100 per day max)

L - One Time Points \_\_\_\_ Bonus\_\_\_\_(100 maximum)

L - One Time Points \_\_\_\_ Bonus\_\_\_\_(150 maximum)

N -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ (50 per day max)

E -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ (unlimited)

S -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ (50 per day max)

S -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ (50 per day max)