



Starting The Streak Challenge

Streak 1:

Jose choose the Physical Domain. His behavior is to floss his teeth daily. Jose will earn one point for every day he flosses his teeth. If Jose can successfully floss his teeth every day for the Streak Challenge (8 weeks) he will earn 56 Streak Points (perfect streak). See example below:

Behavior	Week 1 1/30-2/5	Week 2 2/6-2/12	Week 3 2/13-2/19	Week 4 2/20-2/26	Week5 2/27-3/5	Week 6 3/6-3/12	Week 7 3/13-3/19	Week 8 3/20-3/26	Streak Points	Total Points
Floss Teeth Jan 30 - March 26	7	14	21	28	35	42	49	56	56	56

Streak 2:

After Jose continuously streaks flossing his teeth for 14 days, he is eligible to start a second streak. If Jose misses a day of flossing, he is not out, he just has to start over. Jose can NOT start a second streak until he has been successful streaking for 14 consecutive days. If Jose misses a day, and has to start over, it will delay starting a second streak.

Once Jose has streaked flossing his teeth for 14-days he chooses to add a second streak: Daily Walking Breaks. Jose decided to schedule his breaks at 2:30PM for a daily wakling break. He will walk 15-minutes each day for the remainder of the challenge. Now, Jose is continuing his first streak: Flossing his teeth and his second streak: Daily Walking breaks. Jose is now earning 1 Streak Point for every consecutive day of the first streak + 1 Streak Point for the second streak. If Jose can successfully floss his teeth and walk every day for the Streak Challenge he will earn 98 Streak Points (2 perfect streaks) See example below:

Behavior	Week 1 1/30-2/5	Week 2 2/6-2/12	Week 3 2/13-2/19	Week 4 2/20-2/26	Week5 2/27-3/5	Week 6 3/6-3/12	Week 7 3/13-3/19	Week 8 3/20-3/26	Streak Points	Total Points
Floss Teeth Jan 30 - March 26	7	14	21	28	35	42	49	56	56	56
Daily Activity Break Feb 13 - March 26			7	14	21	28	35	42	42	98

Streak 3:

If Jose is able to continuously streak Flossing Teeth (streak 1) and Walking Breaks (streak 2) for an additional 14 days, he is eligible to start a third streak. If Jose breaks either Streak 1 or Streak 2, he will have to wait until he has performed both streaks successfully for 14 days, in order to start his third streak. For his third streak, Jose chooses to eat a piece of Fresh Fruit daily. Now Jose is continuing Streak 1 and Streak 2 and starting Streak 3: Fresh Fruit daily. Jose is now earning 1 Streak Point for every consecutive day of the first streak, + 1 Streak Point for every consectutive day of the second streak, + 1 Streak Point for every consecutive day of the third streak (up to 3 Streak Points /day). If Jose can successfully floss his teeth, walk every day, and eat fresh fruit for the remainder of The Streak Challenge he will earn 126 Streak Points (3 perfect streaks) See example below:





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Floss Teeth Jan 30 - March 26	7	14	21	28	35	42	49	56	56	56
Daily Activity Break Feb 13 - March 26			7	14	21	28	35	42	42	98
Fresh Fruit February 27 - March 26					7	14	21	28	28	126

Streak 4:

If Jose is able to streak Flossing Teeth (streak 1) and Walking Breaks (streak 2) and Fresh Fruit (streak 3) for an additional 14 days, he is eligible to start a fourth and final streak. If Jose breaks either streak 1, streak 2 or streak 3, he has to wait until he has performed all streaks successfully for 14 days before he can start his fourth streak.

Jose chooses to log what he eats into the SparkPeople App for his fourth streak. Jose will continue streak 1, streak 2, streak 3 and starting streak 4: Dietary Logging. From this point on, Jose is earning 1 Streak Point for every consecutive day of the first streak, + 1 Streak Point for every consecutive day of the second streak, + 1 Streak Point for every consecutive day of the third streak, and + 1 Streak Point for every consecutive day of the fourth streak (up to 4 Streak Points /day). If Jose can successfully floss his teeth, walk every day, eat a fresh fruit, and log his diet for the Streak Challenge he will earn 140 Streak Points (4 perfect streaks) See example below:

Behavior	Week 1 1/30-2/5	Week 2 2/6-2/12	Week 3 2/13-2/19	Week 4 2/20-2/26	Week5 2/27-3/5	Week 6 3/6-3/12	Week 7 3/13-3/19	Week 8 3/20-3/26	Streak Points	Total Points
Floss Teeth Jan 30 - March 26	7	14	21	28	35	42	49	56	56	56
Daily Activity Break Feb 13 - March 26			7	14	21	28	35	42	42	98
Fresh Fruit February 27 - March 26					7	14	21	28	28	126
Dietary Logging March 13 - March 26							7	14	14	140

All good things must come to an end – as is the case with the Streak Challenge. At the end of the Streak Challenge (8-weeks) Jose has started 1 to 2 habits and is well on his way to establishing 2 more healthy habits. Also, Jose has earned 140 Streak Points. (If he missed a day here or there or was unable to start 4 streaks, Jose may earn less Streak Points.) The Streak Challenge is worth up to 50 WellPath Points. The number of WellPath Points Jose earns is based on the number of Streak Points he earned.





Starting The Streak Challenge

Converting Streak points to WellPath points:

The Streak Challenge is worth up to 50 WellPath points. The number of WellPath Points Jose earns is based on the number of Streak points Jose accumulates. Do you remember grading scales when you were in school? The Streak Challenge uses a similar scale to convert Streak Points to WellPath Points. Each consecutive day Jose streaked during the challenge earned him a Streak Point.

Using the scale below, if Jose earned 126-140 streak points during the 8-week (56 day) Streak Challenge, he earns all 50 WellPath Points. If Jose earns 100 Streak Points, he would look down at the scale below and he would see that 100 Streak Points is between 70% and 79% of the Streak Points possible (3rd row below: 98 - 111 Streak Points). If Jose looks in the WellPath Points Column he will see that 100 Streak Points earns him 40 WellPath Points.

Grade	Percent of days possible	Days streaked	WellPath Points
<u>A</u>	90% - 100%	126 - 140 Days	50 points
<u>B</u>	80% - 89%	112 - 125 Days	45 points
<u>C</u>	70% - 79%	98 - 111 Days	40 points
<u>D</u>	60% - 69%	84 - 97 Days	35 points
<u>E</u>	50% - 59%	70 - 83 Days	30 points
<u>F</u>	40% - 49%	56 - 69 Days	25 points
	30% - 39%	42 - 55 Days	20 points
	20% - 29%	28 - 41 Days	15 points
	1% - 19%	27 Days or less	10 points

How will I receive my incentive?

At the conclusion of the challenge, Jose would complete the post-Streak Challenge Evaluation sent by WellPath. WellPath will then report your participation in MyWellPath on your behalf. Remember to check your email and submit the post-Streak Challenge Evaluation before the deadline indicated.

If you have questions, please contact WellPath.

