



# The Streak Challenge 2023

*How do I choose a behavior to streak?*

WE all have "intentions" to start doing something we think is good for us. Or, improve on something we already do. You know? "I'm going to start walking on my lunch hour." "I'm going to brush my teeth after every meal." "I'm going to eat fruit every day." Those are good streaks. But if nothing really comes to mind you can find lots of examples on the <https://www.srpmic-nsn.gov/wellpath/challenges/streakchallenge/domains/>.

To help you, WellPath provides examples of streaks from 7 different domains of wellness. If you want to be well-rounded in your pursuit of wellness, choose streaks from different domains of wellness.

*This challenge seems really simple. Is there a catch?*

Of course! The challenge is designed to be very simple and tricky. When we repeat a behavior every day for a month or longer, it can become a habit. So while participants are having fun, meeting the challenge and improving their health, they are developing habits. Habits can be hard to quit. Don't be surprised, if after the Streak challenge is over, you continue, for no Wellness points at all! (Insert diabolical laugh here!)

*How do I get started?*

You register online using this link: <https://www.surveymonkey.com/r/Z92KRQQ>

Be prepared to provide the following information:

1. Your employee ID
2. An e-mail address you would like to use for the challenge
3. You will pick a Domain of Wellness
4. Type in the behavior you will be streaking.

You will be contacted with further instructions and support when the challenge starts.

*What are "further instructions"?*

The e-mail you will receive will tell you when to start, give you options for tracking your streak(s) (i.e., answering a daily e-mail, using an APP, using a paper and pencil tool), and it will tell you how/when to report your progress.

*Can I have more than one streak (Streak more than one behavior)?*

The streak challenge, is designed after the very important principle: success breeds success. And, "you can build on success." When you have completed 14 consecutive days on your first streak, you can add a second streak. If you can run the second streak 14 days in a row, you can add a third streak. If you are 100% successful in the Streak Challenge you will have 4 streaks going consecutively at the end of the 8-weeks. The more days you streak successfully, the more WellPath points you get for participating in the Streak Challenge.





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## *Can I break my streak?*

If you break your streak, you do have options to be successful in completing The Streak Challenge. You can start over with the same streak, or you can replace your first streak's behavior with a new streak behavior which you feel more confident completing.

## *How do I track my streaks?*

You have choices for how you would like to track your streaking:

1. You can elect to use e-mail. WellPath will send an e-mail every day to ask you if you were successful streaking on the previous day. Simply answer "yes" or "no" to the e-mail. WellPath tracks your points and when you are eligible to start a new streak you will be notified by e-mail to register.
2. There is a paper and pencil tracker created for you to download from <https://www.srpmic-nsn.gov/wellpath/challenges/streakchallenge/streak-tracking/>. You can keep records on the tool and then take a picture or scan it and send the tracker to [wellness@srpmic-nsn.gov](mailto:wellness@srpmic-nsn.gov) each Friday.
  - a. You can also update the tracker on your computer and then just send in the tracker each Friday.
3. There are several phone Apps available for tracking your streaks. Just use the reporting form you download to report your success each week, or take screenshots of your App and send it to [wellness@srpmic-nsn.gov](mailto:wellness@srpmic-nsn.gov).
4. Some software/apps track streaks, Bible Gateway tracks your streaks of days in devotion, MyFitnessPal tracks your streaks logging your diet and exercise. Wearable devices track streaks. Fitness centers keep attendance logs, many journaling tools like Bliss, track streaks. If you find a way to track your streaks, be like NIKE and "just do it."
5. We know what you are thinking. "Is tracking my streaks a streak?" No!

## *What do the Domains of Wellness have to do with the Streak Challenge?*

Wellness is a multifaceted concept. So people make models to help understand how wellness includes so many areas. There are "pillars of wellness" "Domains of Wellness" and there are 3-pillars, 4-pillars and more-pillars in models. If you did the WellPath Passport to Wellness Challenge you may remember the "7-domains of wellness?" That's what we used for the Streak Challenge.

Domains are helpful in allowing you to consider streaks that improve your wellness in areas you may never have considered. Many people are strong in some domains and may completely neglect other domains of wellness. We want you to be well-rounded in your pursuit of wellness. So we ask you to consider streaks from different domains. You don't have to – but we really want you to – and we give out the WellPath points. You can download the graphic from

<https://www.srpmic-nsn.gov/wellpath/challenges/streakchallenge/domains/>

*If you have questions, please contact WellPath.*





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## 8 Domains of Wellness

Intellectual	Physical	Social/Cultural	Environmental	Occupational	Spiritual	Emotional
The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interactions and community betterment. The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning contributes to our Intellectual Wellness.	The ability to maintain a healthy quality of life completing daily activities without undue fatigue or physical stress. To recognize that our behaviors have a significant impact on our wellness and adopting healthful habits (a balanced diet, exercise, etc.) while avoiding destructive habits (tobacco, drugs, alcohol, etc.) will lead to optimal Physical Wellness.	The ability to relate to and connect with other people in our world. Our ability to establish and maintain positive relationships with family, friends, and coworkers contributes to our Social Wellness.	The ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us. The ability to make a positive impact on the quality of our environment, be it our homes, our communities, or our planet contributes to our Environmental Wellness.	The ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness.	The ability to establish peace and harmony in our lives. The ability to develop congruency between values and actions and to realize a common purpose that binds creation together contributes to our Spiritual Wellness.	The ability to understand ourselves and cope with the challenges life can bring. The ability to knowledge and share feelings of anger, fear, sadness, or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness.

*How do my Streak points accumulate:*

To answer this question you have to think waaay back to when you were in school. Remember classes where you earned points and then your points determined your grade based on a grading scale? That's how the Streak Challenge works. If you get an "A," you receive 50 WellPath points. If you get a "B," you receive 45 WellPath points and so on. You don't have to be perfect in The Streak challenge to earn points - that's good news! Here's even better news: We don't give grades of "F." So even if you only streak 14 days you still receive WellPath points. Check out the grading scale:

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

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