



The Streak Challenge Tracker

Name: _____ Employee ID #: _____

Keep record of your streaking behavior on this document. You can log your streaks and send a copy to Wellness@SRPMIC-nsn.gov every Monday. You may print and scan, take a picture or save in a digital format, please just include your name. Note: You must have registered for the challenge and indicate your behavior on your registration.



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.





The Streak Challenge Tracker

Streak 1:

What behavior will you be streaking: _____

What domain of wellness do you feel your behavior belongs (circle one):

Intellectual

Physical

Social/Cultural

Environmental

Occupational

Spiritual

Emotional

Streak 2:

What behavior will you be streaking: _____

What domain of wellness do you feel your behavior belongs (circle one):

Intellectual

Physical

Social/Cultural

Environmental

Occupational

Spiritual

Emotional

Streak 3:

What behavior will you be streaking: _____

What domain of wellness do you feel your behavior belongs (circle one):

Intellectual

Physical

Social/Cultural

Environmental

Occupational

Spiritual

Emotional

Streak 4:

What behavior will you be streaking: _____

What domain of wellness do you feel your behavior belongs (circle one):

Intellectual

Physical

Social/Cultural

Environmental

Occupational

Spiritual

Emotional





Starting The Streak Challenge

Week 1: January 21 - January 27

	Tuesday January 21	Wednesday January 22	Thursday January 23	Friday January 24	Saturday January 25	Sunday January 26	Monday January 27
Streak 1							

**Simply put a checkmark or an X on the days of the week you streaked your behavior. Report to WellPath on Tuesday, January 28th.

Week 2: January 28 - February 3

	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31	Saturday February 1	Sunday February 2	Monday February 3
Streak 1							

**Simply put a checkmark or an X on the days of the week you streaked your behavior. Report to WellPath on Tuesday, February 4th.

If you have successfully streaked your behavior for 14 days in a row, congratulations! You may now register to start a second streak. After reporting your Week 2 streak log, you will receive an email with a link to register for a second streak. If you missed a day, don't worry. When you have successfully streaked your behavior for 14 days in a row, you may start a second streak.

Week 3: February 4 - February 10

	Tuesday February 4	Wednesday February 5	Thursday February 6	Friday February 7	Saturday February 8	Sunday February 9	Monday February 10
Streak 1							
Streak 2							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors. Report to WellPath on Tuesday, February 11th.

Week 4: February 11 - February 17

	Tuesday February 11	Wednesday February 12	Thursday February 13	Friday February 14	Saturday February 15	Sunday February 16	Monday February 17
Streak 1							
Streak 2							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors. Report to WellPath on Tuesday, February 18th.

If you have successfully streaked your behavior for 14 days in a row, congratulations! You may now register to start a third streak. After reporting your Week 4 streak log, you will receive an email with a link to register for a third streak. If you missed a day, don't worry. When you have successfully streaked your behavior for 14 days in a row, you may start a third streak.





Starting The Streak Challenge

Week 5: February 18 - February 24

	Tuesday February 18	Wednesday February 19	Thursday February 20	Friday February 21	Saturday February 22	Sunday February 23	Monday February 24
Streak 1							
Streak 2							
Streak 3							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors. Report to WellPath on Tuesday, February 25th.

Week 6: February 25 - March 3

	Tuesday February 25	Wednesday February 26	Thursday February 27	Friday February 28	Saturday March 1	Sunday March 2	Monday March 3
Streak 1							
Streak 2							
Streak 3							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors. Report to WellPath on Tuesday, March 4th.

If you have successfully streaked your behavior for 14 days in a row, congratulations! You may now register to start a fourth streak. After reporting your Week 6 streak log, you will receive an email with a link to register for a fourth streak. If you missed a day, don't worry. When you have successfully streaked your behavior for 14 days in a row, you may start a fourth streak.

Week 7: March 4 - March 10

	Tuesday March 4	Wednesday March 5	Thursday March 6	Friday March 7	Saturday March 8	Sunday March 9	Monday March 10
Streak 1							
Streak 2							
Streak 3							
Streak 4							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors. Report to WellPath on Tuesday, March 11th.





Starting The Streak Challenge

Week 8: March 11 - March 17

	Tuesday March 11	Wednesday March 12	Thursday March 13	Friday March 14	Saturday March 15	Sunday March 16	Monday March 17
Streak 1							
Streak 2							
Streak 3							
Streak 4							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors. Report to WellPath on Tuesday, March 18th.

Congratulations! You have completed The Streak Challenge.

When you have sent your last tracker, you will receive an email with a link to the challenge evaluation. You may review the challenge webpage to determine your streak/WellPath points. If you have questions, please email Wellness@SRPMIC-nsn.gov.

