**WellPath tracking booklet for the U@+ Advantage Challenge**

Directions:

Each day, for 21 days, complete these 5 activities (click on any activity to go to the section):

1. Write down [three “*gratitudes*](#Gratitudes)*”*  – 3 new things for which you are grateful each day
2. [Journal](#Journaling) about a positive experience – something positive in the last 24 hours
3. [Exercise](#Exercise) – do your normal exercise routine, a simple stretching or calisthenics routine
4. [Meditate](#Meditation) – do a simple meditation exercise daily
5. [Intentional acts of kindness](#Acts_kindness) – do something kind for a member of your social support network

[Click here to go to the tracker](#Tracker) at end of this booklet.

This booklet is for you and just one method by which you can organize & track your participation in the U@+ Advantage Challenge. At the end of the challenge you will take an online survey and attest to your successful completion the following criteria:

* **Completion of all 5 activities on at 21 consecutive days, before May 21, 2025.**

 I am starting on and finishing on .

Please visit the [Happiness Advantage Challenge page](https://www.srpmic-nsn.gov/wellpath/challenges/happiness_advantage/) often for more information and resources. Please send any questions/comments to wellness@srpmic-nsn.gov.

**Gratitudes**

Three ***“Gratitudes.”***Each day write down three **new** things for which you are grateful. It may become increasingly difficult to find three new things each day for which to express your gratitude. This will help train your brain to scan your world for the positive things in your life and restore the proper ratio between positive and negative. For more information about this activity see the associated resources on <https://www.srpmic-nsn.gov/wellpath/challenges/happiness_advantage/>.

**Date (day 1):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 2):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 3):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 4):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 5):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 6):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 7):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 8):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 9):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 10):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 11):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 12):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 13):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 14):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 15):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 16):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 17):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 18):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 19):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 20):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Date (day 21):**

Gratitude 1:

Gratitude 2:

Gratitude 3:

**Are you grateful it is over?**

If you have completed 21 days and it is not yet May 21st, 2025, CONGRATULATIONS, you have completed the “*gratitudes”* portion of the challenge successfully.

**Journaling**

Once a day, take a few minutes and recall and write about a positive experience you had over the past 24-hours. Just relax and write free-flowing and try to be descriptive. This exercise allows you to relive a positive experience and trains your brain to scan your world and experiences for the positive. For more information about journaling visit <https://www.srpmic-nsn.gov/wellpath/challenges/happiness_advantage/>.

**Journal day 1: Date: Start writing below on the next line.**

**Journal day 2: Date: Start writing below on the next line.**

**Journal day 3: Date: Start writing below on the next line.**

**Journal day 4: Date: Start writing below on the next line.**

**Journal day 5: Date: Start writing below on the next line.**

**Journal day 6: Date: Start writing below on the next line.**

**Journal day 7: Date: Start writing below on the next line.**

**Journal day 8: Date: Start writing below on the next line.**

**Journal day 9: Date: Start writing below on the next line.**

**Journal day 10: Date: Start writing below on the next line.**

**Journal day 11: Date: Start writing below on the next line.**

**Journal day 12: Date: Start writing below on the next line.**

**Journal day 13: Date: Start writing below on the next line.**

**Journal day 14: Date: Start writing below on the next line.**

**Journal day 15: Date: Start writing below on the next line.**

**Journal day 16: Date: Start writing below on the next line.**

**Journal day 17: Date: Start writing below on the next line.**

**Journal day 18: Date: Start writing below on the next line.**

**Journal day 19: Date: Start writing below on the next line.**

**Journal day 20: Date: Start writing below on the next line.**

**Journal day 21: Date: Start writing below on the next line.**

If you have written an entry on 21 days and it is not yet May 21st, 2025, CONGRATULATIONS, you have completed the journaling portion of the challenge successfully.

**Exercise**

Spend some time every day in exercise.WellPath coaches are available to assist you with any questions or with an exercise prescription. You can find out more about the coaches and contact one at [www.wellpath.info/coaching](http://www.wellpath.info/coaching). The coaches will make this very easy for you.

If you already have an established exercise routine, please continue and count that exercise on the days you perform your routine. Then, find another simple, short exercise routine that you can do on your days off. When you add an exercise routine for the challenge, be sure that it is different from your regular exercise routine. This means that it stresses different muscles and joints.

If you don’t have a regular exercise routine, please pick a short exercise routine to do each day of the challenge. You may want to pick two routines and do each every other day. If you would like help, please contact a WellPath coach: [www.wellpath.info/coaching](http://www.wellpath.info/coaching) .

Exercise teaches your brain that your behaviors matter. In 21 days, if you stay consistent with an exercise routine (for example a flexibility or core-strength routine) you will likely notice the improvement.

There is a [tracker](#Tracker) at the end of this booklet. When you complete your exercise session for the day, just check it off in your tracker. For more information or resources for the exercise component of the U@+ Advantage Challenge please go to <https://www.srpmic-nsn.gov/wellpath/challenges/happiness_advantage/>.

If you have exercised on 21 days and it is not yet May 21st, 2025, CONGRATULATIONS, you have completed the journaling portion of the challenge successfully.

**Meditation**

Do a meditation exercise each day of the challenge. You can do a simple, short (maybe 3 minutes) meditation or you can progress to longer, more focused meditations of a variety of types. You can find meditation exercises to do at your desk, standing, seated or lying on the floor and even walking. For some basic information about meditation and some resources including videos and pod casts which will lead you through a meditation exercise visit <https://www.srpmic-nsn.gov/wellpath/challenges/happiness_advantage/>.

Our busy lives and the common practice of multitasking can cause to lose the ability narrowly focus or hold focus over time. Just like lack of exercise can cause your muscles can become less fit and work less effectively. We can have difficulty slowing our minds and thoughts. Have you ever had trouble falling asleep because your mind is racing?

Meditation is included in this challenge to help us improve our focus and to improve our ability to slow our minds.

If you choose, you can use the [tracker](#Tracker) at the end of this booklet. When you complete your medication session for the day, just check it off in your tracker. For more information or resources for the meditation component of the U@+ Advantage Challenge please go to [www.wellpath.info/challenges](http://www.wellpath.info/challenges).

If you have meditated on 21 days and it is not yet May 21st, 2025, CONGRATULATIONS, you have completed the journaling portion of the challenge successfully.

**Intentional Acts of Kindness**

Daily, perform an act of kindness for someone in your support network each day. It can be as simple as writing a note or sending an email praising and thanking a member of your social support network.

Your *social support network* can include family, friends, coworkers and others who you think about when you consider who loves you and who you would call for an opinion or maybe help in a time of need.

Social support networks have been identified as key factors in supporting our mental health and even in the prevention of the most common chronic illnesses. **Intentional acts of kindness helps you acknowledge and strengthen your social support network**.

If you choose, you can use the [tracker](#Tracker) at the end of this booklet. When you complete your acts of kindness for the day, just check it off in your tracker. For more information or resources for the intentional acts of kindness component of the U@+ Advantage Challenge please go to <https://www.srpmic-nsn.gov/wellpath/challenges/happiness_advantage/>.

If you have performed one or more intentional act of kindness for one or more of the people in your social support network for 21 and it is not yet May 21st, 2025, CONGRATULATIONS, you have completed the journaling portion of the challenge successfully.

**U @+ Advantage Challenge Tracker:**

Start date: Must be completed by 5/21/2025 all 5 activities completed successfully on 21 days

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| Day 1: |  |  | Day 2: |  |  | Day 3: |  |  |  |
|   | 3 gratitudes |  |   | 3 gratitudes |  |   | 3 gratitudes |  |  |
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|   | Exercise |  |   | Exercise |  |   | Exercise |  |  |
|   | Meditation |  |   | Meditation |  |   | Meditation |  |  |
|   | Acts of Kindness |  |   | Acts of Kindness |  |   | Acts of Kindness |  |  |
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| Day 4: |  |  | Day 5: |  |  | Day 6: |  |  |  |
|   | 3 gratitudes |  |   | 3 gratitudes |  |   | 3 gratitudes |  |  |
|   | Journaling |  |   | Journaling |  |   | Journaling |  |  |
|   | Exercise |  |   | Exercise |  |   | Exercise |  |  |
|   | Meditation |  |   | Meditation |  |   | Meditation |  |  |
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| Day 7 |  |  | Day 8 |  |  | Day 9 |  |  |  |
|   | 3 gratitudes |  |   | 3 gratitudes |  |   | 3 gratitudes |  |  |
|   | Journaling |  |   | Journaling |  |   | Journaling |  |  |
|   | Exercise |  |   | Exercise |  |   | Exercise |  |  |
|   | Meditation |  |   | Meditation |  |   | Meditation |  |  |
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| Day 10: |  | Day 11 |  |  | Day 12 |  |  |  |
|   | 3 gratitudes |  |   | 3 gratitudes |  |   | 3 gratitudes |  |  |
|   | Journaling |  |   | Journaling |  |   | Journaling |  |  |
|   | Exercise |  |   | Exercise |  |   | Exercise |  |  |
|   | Meditation |  |   | Meditation |  |   | Meditation |  |  |
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| Day 13 |  | Day 14 |  |  | Day 15 |  |  |  |
|   | 3 gratitudes |  |   | 3 gratitudes |  |   | 3 gratitudes |  |  |
|   | Journaling |  |   | Journaling |  |   | Journaling |  |  |
|   | Exercise |  |   | Exercise |  |   | Exercise |  |  |
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|   | Acts of Kindness |  |   | Acts of Kindness |  |   | Acts of Kindness |  |  |
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| Day 16 |  | Day 17 |  |  | Day 18 |  |  |  |
|   | 3 gratitudes |  |   | 3 gratitudes |  |   | 3 gratitudes |  |  |
|   | Journaling |  |   | Journaling |  |   | Journaling |  |  |
|   | Exercise |  |   | Exercise |  |   | Exercise |  |  |
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| Day 19 | Day 20 |  |  |  | Day 21 |  |  |  |
|   | 3 gratitudes |  |   | 3 gratitudes |  |   | 3 gratitudes |  |  |
|   | Journaling |  |   | Journaling |  |   | Journaling |  |  |
|   | Exercise |  |   | Exercise |  |   | Exercise |  |  |
|   | Meditation |  |   | Meditation |  |   | Meditation |  |  |
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You have successfully completed the challenge if you have completed 21 days between April 21st and May 21st, 2025. WellPath will send you a link for an online survey, during which you will attest that you have successfully completed the challenge. The survey is the simple evidence for successful completion required for you to receive your 50 WellPath points. Please consider giving us your feedback on the survey whether you were successful or not. We hope you find this to be a meaningful and helpful experience. Please send questions/comments to wellness@srpmic-nsn.gov any time.

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