



### Starting the Streak Challenge.

Jose is starting *The Streak Challenge*. He registered at:  
<https://www.surveymonkey.com/r/WellPathStreak2019>

Jose choose the physical domain and he is going to streak flossing his teeth. **Jose will earn one point for every day in a row 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:

#### EXAMPLE STREAK:

	WEEK 1 FEB 11-17	WEEK 2 FEB 18 - 24	WEEK 3 FEB 25 - MAR 3	WEEK 4 MARCH 4 - 10	WEEK 5 MARCH 11 - 17	WEEK 6 MARCH 18 - 24	WEEK 7 MARCH 25 - 31	WEEK 8 APRIL 1 - 7	STREAK POINTS:	TOTAL POINTS:
<b>FLOSS TEETH</b> [Feb 11 - Apr 7]	7 DAYS	14 DAYS	21 DAYS	28 DAYS	35 DAYS	48 DAYS	49 DAYS	56 DAYS	<b>56</b>	<b>56</b>

### The Second Streak

**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 and it will delay his starting a second streak.

Once Jose has streaked flossing his teeth for 14-days he chooses to add a second streak: *Walking Breaks*. Jose is going to walk every day on one of his breaks at work. He will walk 15-minutes each day on the weekend. Now Jose is continuing his first streak: Flossing his teeth and his second streak: Walking breaks. Jose is now earning 1 *Streak Point* for every consecutive day of the first streak + 1 *Streak Point*

for every consecutive day of 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:

**Example Streak:**

	Week 1 Feb 11-17	Week 2 Feb 18-24	Week 3 Feb 25 - Mar 3	Week 4 March 4 - 10	Week 5 March 11 - 17	Week 6 March 18 - 24	Week 7 March 25 - 31	Week 8 April 1 - 7	Streak Points:	Total Points:
<b>Floss Teeth (Feb 11 - Apr 7)</b>	7 days	14 days	21 days	28 days	35 days	48days	49 days	56 days	56	56
<b>Walking breaks (Feb 25 - Apr7)</b>			7 days	14 days	21 days	28 days	35 days	48 days	42	98

Streak 3!

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

**Example Streak:**

	Week 1 Feb 11-17	Week 2 Feb 18-24	Week 3 Feb 25 - Mar 3	Week 4 March 4 - 10	Week 5 March 11 - 17	Week 6 March 18 - 24	Week 7 March 25 - 31	Week 8 April 1 - 7	Streak Points:	Total Points:
<b>Floss Teeth (Feb 11 - Apr 7)</b>	7 days	14 days	21 days	28 days	35 days	48days	49 days	56 days	56	56
<b>Walking breaks (Feb 25 - Apr7)</b>			7 days	14 days	21 days	28 days	35 days	48 days	42	98
<b>Fresh fruit (Mar 11 - Apr7)</b>				7 days	14 days	21 days	28 days		28	126

## The 4<sup>th</sup> and final Streak!

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, and he can start his fourth streak.

For his fourth streak, Jose chooses to log what he eats into the SparkPeople App. Now Jose is continuing 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 + 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, fresh fruit, and log his diet for the *Streak Challenge* he will earn 140 *Streak Points* (4 perfect streaks) See example below:

### Example Streak:

	Week 1 Feb 11 - 17	Week 2 Feb 18 - 24	Week 3 Feb 25 - Mar 3	Week 4 March 4 - 10	Week 5 March 11 - 17	Week 6 March 18 - 24	Week 7 March 25 - 31	Week 8 April 1 - 7	Streak Points:	Total Points:
<b>Floss Teeth (Feb 11 - Apr 7)</b>	7 days	14 days	21 days	28 days	35 days	48 days	49 days	56 days	56	56
<b>Walking breaks (Feb 25 - Apr 7)</b>			7 days	14 days	21 days	28 days	35 days	48 days	42	98
<b>Fresh fruit (Mar 11 - Apr 7)</b>					7 days	14 days	21 days	28 days	28	126
<b>Dietary Log (Mar 25 - Apr 7)</b>							7 days	14 days	14	140

Each day = 1 point

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 (flossing his teeth and walking on breaks at work) and is well on his way to establishing 2 more healthy habits (eating fresh fruit daily and logging his diet). 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*.)

## Converting your *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** he earned. Do 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 point.

If Jose earned 90% or more of the *Streak Points* possible during the 8-week (56 day) Streak Challenge, he earns all 50 **WellPath Points**. Using the scale below to look up the *WellPath Points*, we can see that if Jose earned 126 or more *Streak Points* he earns 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 (3<sup>rd</sup> row below: 98 – 111 *Streak Points*). If Jose looks in the *WellPath Points* column he sees that 100 *Streak Points* earns him 40 *WellPath Points*.

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

Jose would complete the post-Streak Challenge evaluation and the points would be credited to his MyWellPath account.