

The Streak Challenge Tracker

Name: _____ Employee ID#: _____

Keep record of your streaking behavior on this document. Please print it, take a picture, or scan it and send it to wellness@srpmic-nsn.gov on Fridays. If you use it in a digital format please save the document with your name on it and send it as an attachment to an e-mail to wellness@srpmic-nsn.gov on Fridays.

What behavior will you be streaking (please write in a few words): _____



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 interaction 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 routines without undue fatigue or physical stress. To recognize that our behaviors have a significant impact on our wellness and relating healthy habits (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 co-workers contributes to our Social Wellness.	The ability to recognize our 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 acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness.

Note: You must have registered for the challenge and recorded your behavior during registration.

In what domain of wellness do you feel your behavior belongs (circle one below):

Intellectual Physical Social/Cultural Environmental
Occupational Spiritual Emotional

Simply put a checkmark or an X on the days of the week you streaked your behavior:

Week 1: February 1st – 14th: Streak 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 1 st	February 2 nd	February 3 rd	February 4 th	February 5 th	February 6 th	February 7 th

Congratulations! A streak is born!

Week 2: February 8th – 14th: Streak 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 8 th	February 9 th	February 10 th	February 11 th	February 12 th	February 13 th	February 14 th

If you have successfully streaked your behavior for 14 days in a row, **congratulations!**

You may now start a second streak. You will receive an e-mail with a link to register your second Streak and a new tracker. Keep track of your second streak on a separate tracker

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 15th – 21st: Streak 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 15 th	February 16 th	February 17 th	February 18 th	February 19 th	February 20 th	February 21 st

If you started streaking a second behavior use a second tracker. If you missed a day, keep streaking! When you have streaked 14 days in a row, you can start a second streak.

Send your tracker by e-mail to wellness@srpmic-nsn.gov every Friday!

Week 4: February 22nd -28th: Streak 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 22 nd	February 23 rd	February 24 th	February 25 th	February 26 th	February 27 th	February 28 th

Send your tracker by e-mail to wellness@srpmic-nsn.gov every Friday!

If you have successfully streaked both behaviors for 14 days in a row, **congratulations!**

You may now start a THIRD streak. You will receive an e-mail with a link to register your THIRD Streak and a new tracker. Keep track of your second & THIRD streaks on separate trackers.

If you missed a day, don't worry. When you have successfully streaked BOTH behaviors for 14 days or more, in a row, you may start a third streak.

Name: _____ Employee ID#: _____

Week 5: March 1st – March 7th: Streak 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 1 st	March 2 nd	March 3 rd	March 4 th	March 5 th	March 6 th	March 7 th

If you started streaking a third behavior use a third tracker. If you missed a day, keep streaking! When you have streaked both behaviors for 14 days in a row, you can start a third streak.

Send your tracker by e-mail to wellness@srpmic-nsn.gov every Friday!

Week 6: March 8th – March 14th: Streak 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 8 th	March 9 th	March 10 th	March 11 th	March 12 th	March 13 th	March 14 th

Send your tracker by e-mail to wellness@srpmic-nsn.gov every Friday!

If you have successfully streaked three behaviors for 14 days in a row, **congratulations!**

You may now start a fourth streak. You will receive an e-mail with a link to register your Fourth Streak and a new tracker. Keep track of all your streaks on separate trackers.

If you missed a day, don't worry. When you have successfully streaked Three behaviors for 14 days or more, in a row, you may start a fourth streak.

Week 7: March 15th - March 21st: Streak 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 15 th	March 16 th	March 17 th	March 18 th	March 19 th	March 20 th	March 21 st

If you started streaking a fourth behavior use a fourth tracker. If you missed a day, keep streaking! When you have streaked 14 days in a row, you can start a fourth streak.

Send your tracker by e-mail to wellness@srpmic-nsn.gov every Friday!

Week 8: March 22nd - 28th: Streak 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 22 nd	March 23 rd	March 24 th	March 25 th	March 26 th	March 27 th	March 28 th

Congratulations! You have completed The Streak Challenge. You will receive an e-mail with a link to the evaluation and information about how to convert your streak points to WellPath Points.

Send your tracker by e-mail to wellness@srpmic-nsn.gov every Friday!