

THE STREAK CHALLENGE TRACKER FOR **STREAK 3**

NAME: _____ EMPLOYEE ID#: _____

KEEP RECORD OF YOUR SECOND STREAKING BEHAVIOR ON THIS DOCUMENT. YOU MAY USE IT IN A DIGITAL FORMAT, OR PRINT IT, TAKE A PICTURE, OR SCAN IT, AND SEND IT TO WELLNESS@SRPMIC-NSN.GOV ON FRIDAYS.

WHAT NEW BEHAVIOR WILL YOU BE STREAKING (PLEASE WRITE IN A FEW WORDS): _____

NOTE: YOU MUST REGISTER YOUR THIRD BEHAVIOR FOR THE CHALLENGE USING THIS LINK:

IN WHAT DOMAIN OF WELLNESS DO YOU FEEL YOUR SECOND BEHAVIOR BELONGS (CIRCLE ONE BELOW):



Intellectual 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.	Physical The ability to maintain a healthy quality of life consisting of daily activities without undue fatigue or adverse effects. To recognize that our behaviors have a significant impact on our wellness and adopting healthy habits (exercise, etc.) while avoiding risky behaviors (tobacco, drugs, alcohol, etc.) will lead to optimal Physical Wellness.	Social/cultural 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.	Environmental 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.	Occupational 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 our Occupational Wellness.	Spiritual 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 leads creation together contributes to our Spiritual Wellness.	Emotional 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.
---	---	---	--	--	---	---

INTELLECTUAL PHYSICAL SOCIAL/CULTURAL ENVIRONMENTAL
OCCUPATIONAL SPIRITUAL EMOTIONAL

← CLICK ON IMAGE TO ENLARGE

SIMPLY PUT A CHECKMARK OR AN X ON THE DAYS OF THE WEEK YOU STREAKED YOUR BEHAVIOR:

WEEK 5: MARCH 11TH – MARCH 17TH: **STREAK 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 11TH	MARCH 12TH	MARCH 13TH	MARCH 14TH	MARCH 15TH	MARCH 16TH	MARCH 17TH

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 18TH – MARCH 24TH: **STREAK 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 18TH	MARCH 19TH	MARCH 20TH	MARCH 21ST	MARCH 22ND	MARCH 23RD	MARCH 24TH

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.

SIMPLY PUT A CHECKMARK OR AN X ON THE DAYS OF THE WEEK YOU STREAKED YOUR BEHAVIOR:

WEEK 7: MARCH 25TH - MARCH 31ST: **STREAK 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 25 TH	MARCH 26 TH	MARCH 27 TH	MARCH 28 TH	MARCH 29 TH	MARCH 30 TH	MARCH 31 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: APRIL 1ST - APRIL 8TH: **STREAK 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
APRIL 1 ST	APRIL 2 ND	APRIL 3 RD	APRIL 4 TH	APRIL 5 TH	APRIL 6 TH	APRIL 7 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!