



FREQUENTLY ASKED QUESTIONS:

HOW DO I CHOOSE A BEHAVIOR TO STREAK?

WE ALL HAVE "INTENTIONS" TO START DOING SOMETHING WE THINK IS GOOD FOR US. OR, IMPROVE ON SOMETHING WE ALREADY DO. YOU KNOW? "I'M GOING TO START WALKING ON MY LUNCH HOUR." "I'M GOING TO BRUSH MY TEETH AFTER EVERY MEAL." "I'M GOING TO EAT FRUIT EVERY DAY." THOSE ARE GOOD STREAKS. BUT IF NOTHING REALLY COMES TO MIND, YOU CAN FIND LOTS OF EXAMPLES ON THE [WWW.WELLPATH.INFO/CHALLENGES](http://www.wellpath.info/challenges).

TO HELP YOU, WELLPATH PROVIDES EXAMPLES OF STREAKS FROM 7 DIFFERENT DOMAINS OF WELLNESS. IF YOU WANT TO BE WELL-ROUNDED IN YOUR PURSUIT OF WELLNESS, CHOOSE STREAKS FROM DIFFERENT DOMAINS OF WELLNESS.

THIS CHALLENGE SEEMS REALLY SIMPLE. IS THERE A CATCH?

OF COURSE! THE CHALLENGE IS DESIGNED TO BE VERY SIMPLE AND TRICKY. WHEN WE REPEAT A BEHAVIOR EVERY DAY FOR A MONTH OR LONGER, IT CAN BECOME A HABIT. SO WHILE PARTICIPANTS ARE HAVING FUN, MEETING THE CHALLENGE AND IMPROVING THEIR HEALTH, THEY ARE DEVELOPING HABITS. HABITS CAN BE HARD TO QUIT. DON'T BE SURPRISED, IF AFTER THE STREAK CHALLENGE IS OVER, YOU CONTINUE, FOR NO WELLNESS POINTS AT ALL! (Insert diabolical laugh here!)

HOW DO I GET STARTED?

YOU REGISTER ONLINE USING THIS LINK: <https://www.surveymonkey.com/r/WellPathStreak2019> .

BE PREPARED TO PROVIDE THE FOLLOWING INFORMATION: 1) YOUR EMPLOYEE ID, 2) AN E-MAIL ADDRESS YOU WOULD LIKE TO USE FOR THE CHALLENGE, 3) YOU WILL PICK A DOMAIN OF WELLNESS AND 4) TYPE IN THE BEHAVIOR YOU WILL BE STREAKING.

YOU WILL BE CONTACTED WITH FURTHER INSTRUCTIONS WHEN THE CHALLENGE STARTS.

WHAT ARE THE "FURTHER INSTRUCTIONS?"

THE E-MAIL YOU WILL RECEIVE WILL TELL YOU WHEN TO START, GIVE YOU OPTIONS FOR TRACKING YOUR STREAK (I.E., ANSWERING A DAILY E-MAIL, USING AN APP, USING A PAPER AND PENCIL TOOL), AND IT WILL TELL YOU HOW/WHEN TO REPORT YOUR PROGRESS.

CAN I HAVE MORE THAN ONE STREAK (STREAK MORE THAN 1 BEHAVIOR)?

THE STREAK CHALLENGE, IS BASED ON A VERY IMPORTANT PRINCIPLE: **SUCCESS BREEDS SUCCESS.** **AND, "YOU CAN BUILD ON SUCCESS."** WHEN YOU HAVE COMPLETED 14 CONSECUTIVE DAYS ON YOUR FIRST STREAK, YOU CAN START A SECOND STREAK. IF YOU CAN RUN THE SECOND STREAK 14 DAYS IN A ROW, YOU CAN START YOUR THIRD STREAK. IF YOU ARE 100% SUCCESSFUL IN THE STREAK CHALLENGE YOU WILL HAVE 4 STREAKS GOING AT THE END OF THE 8-WEEKS. THE MORE DAYS YOU STREAK SUCCESSFULLY, THE MORE WELLPATH POINTS YOU GET FOR PARTICIPATING IN THE STREAK CHALLENGE.

CAN I BREAK MY STREAK?

IF YOU BREAK YOUR STREAK, YOU CAN START OVER OR START A NEW STREAK.

HOW DO I TRACK MY STREAKS?

YOU HAVE CHOICES FOR HOW YOU WOULD LIKE TO TRACK YOUR STREAKING:

1. YOU CAN ELECT TO USE E-MAIL. WELLPATH WILL SEND AN E-MAIL EVERY DAY TO ASK YOU IF YOU WERE SUCCESSFUL STREAKING ON THE PREVIOUS DAY. SIMPLY ANSWER "YES" OR "NO" TO THE E-MAIL. WELLPATH TRACKS YOUR POINTS AND WHEN YOU ARE ELIGIBLE TO START A NEW STREAK AND NOTIFIES YOU IN THE E-MAIL.
2. THERE IS A PAPER AND PENCIL TRACKER CREATED FOR YOU TO DOWNLOAD. YOU CAN KEEP RECORDS ON THE TOOL AND THEN TAKE A PICTURE OR SCAN IT AND SEND THE TRACKER TO WELLNESS@SRPMIC-NSN.GOV EACH FRIDAY.
 - A. YOU CAN ALSO UPDATE THE TRACKER ON YOUR COMPUTER AND THEN JUST SEND IN THE TRACKER EACH FRIDAY.
3. THERE ARE SEVERAL PHONE APPS AVAILABLE FOR TRACKING YOUR STREAKS. JUST USE THE REPORTING FORM YOU DOWNLOAD TO REPORT YOUR SUCCESS EACH WEEK, OR TAKE SCREENSHOTS OF YOUR APP AND SEND IT TO WELLNESS@SRPMIC-NSN.GOV.
4. SOME SOFTWARE/APPS TRACK STREAKS, [BIBLE GATEWAY](#) TRACKS YOUR STREAKS OF DAYS IN DEVOTION, [SPARKPEOPLE](#) AND [MYFITNESSPAL](#) TRACKS YOUR STREAKS LOGGING YOUR DIET AND EXERCISE. WEARABLE DEVICES TRACK STREAKS. FITNESS CENTERS KEEP ATTENDANCE LOGS, MANY JOURNALING TOOLS LIKE [BLISS](#), TRACK STREAKS. IF YOU FIND A WAY TO TRACK YOUR STREAKS, BE LIKE NIKE AND "JUST DO IT."
5. WE KNOW WHAT YOU ARE THINKING. "IS TRACKING MY STREAKS A STREAK?" NO!

WHAT DO THE DOMAINS OF WELLNESS HAVE TO DO WITH THE STREAK CHALLENGE?

WELLNESS IS A MULTIFACETED CONCEPT. SO WELLNESS PROFESSIONALS MAKE MODELS TO HELP US UNDERSTAND HOW WELLNESS INCLUDES SO MANY AREAS. THERE ARE "PILLARS OF WELLNESS," "DOMAINS OF WELLNESS" AND THERE ARE 3-PILLARS, 4-PILLARS AND MORE-PILLARS IN MODELS. IF YOU DID THE WELLPATH PASSPORT TO WELLNESS CHALLENGE, YOU MAY REMEMBER THE "7-DOMAINS OF WELLNESS?" THAT'S WHAT WE ARE USING FOR THE STREAK CHALLENGE.



Intellectual	Social/Cultural	Environmental	Occupational	Spiritual	Emotional	Physical
Intellectual wellness is the ability to learn from experience, solve problems, and use resources to grow your mind and your intellect. It involves a commitment to life-long learning and the pursuit of knowledge.	Social/Cultural wellness is the ability to relate to others, to be part of a community, and to have a sense of purpose and meaning in life. It involves understanding and respecting different cultures and traditions.	Environmental wellness is the ability to understand and appreciate the natural world, and to take actions to protect and improve the environment. It involves being aware of the impact of our actions on the planet.	Occupational wellness is the ability to find meaning and satisfaction in your work, and to use your skills and talents to contribute to society. It involves setting goals and pursuing them with passion and dedication.	Spiritual wellness is the ability to connect with something greater than yourself, and to find a sense of purpose and meaning in life. It involves exploring different faiths and philosophies.	Emotional wellness is the ability to understand and manage your emotions, and to build resilience in the face of stress and adversity. It involves practicing self-care and seeking support when needed.	Physical wellness is the ability to take care of your body, and to live a healthy and active lifestyle. It involves eating well, exercising regularly, and getting enough sleep.

DOMAINS ARE HELPFUL IN ALLOWING YOU TO CONSIDER STREAKS THAT IMPROVE YOUR WELLNESS IN AREAS YOU MAY NEVER HAVE CONSIDERED. MANY PEOPLE ARE STRONG IN SOME DOMAINS AND MAY COMPLETELY NEGLECT OTHER DOMAINS OF WELLNESS. WE WANT YOU TO BE WELL-ROUNDED

IN YOUR PURSUIT OF WELLNESS. SO WE ASK YOU TO CONSIDER STREAKS FROM DIFFERENT DOMAINS. YOU DON'T HAVE TO – BUT WE REALLY WANT YOU TO – AND WE ARE ONES GIVING OUT THE WELLPATH POINTS. FOR THOSE OF YOU WHO ARE MAD THAT THE DOMAIN-GRAPHIC USED HERE IS TOO SMALL, JUST CLICK ON IT AND IT WILL OPEN LARGER. YOU CAN ALWAYS DOWNLOAD THE GRAPHIC FROM WWW.WELLPATH.INFO/CHALLENGES.

HOW DO I KNOW HOW MANY POINTS I EARN FOR MY STREAK CHALLENGE?

TO ANSWER THIS QUESTION, YOU HAVE TO THINK WAAAY BACK TO WHEN YOU WERE IN SCHOOL. REMEMBER CLASSES WHERE YOU EARNED POINTS AND THEN YOUR POINTS DETERMINED YOUR GRADE BASED ON A GRADING SCALE? THAT'S HOW THE STREAK CHALLENGE WORKS. IF YOU GET AN

"**A**," YOU RECEIVE 50 WELLPATH POINTS. IF YOU GET A "**B**," YOU RECEIVE 40 WELLPATH POINTS AND SO ON. YOU DON'T HAVE TO BE PERFECT IN THE STREAK CHALLENGE TO EARN POINTS – THAT'S GOOD NEWS! HERE'S EVEN BETTER NEWS: EVEN IF YOU GET A GRADE OF "**F**" (OR EVEN LOWER), EVEN IF YOU ONLY STREAK 14 DAYS YOU STILL RECEIVE WELLPATH POINTS. CHECK OUT THE GRADING SCALE.

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

ANY QUESTIONS? E-MAIL THEM TO WELLNESS@SRPMIC-NSN.GOV OR CHECK OUT WWW.WELLPATH.INFO/CHALLENGES.