

SUN HEALTH

Team Member Wellbeing Program

Monthly Challenge & Bonus Points Acknowledgement | FY 2026–2027

Team Member Name

Community

-- Select your community --

Month / Year

-- Select month --

MY 3 MONTHLY CHALLENGES (choose up to 3 — 1 point each — see challenge options on page 2)

1

Category / Challenge Name:

-- Select a category --

-- Select a challenge --

2

Category / Challenge Name:

-- Select a category --

-- Select a challenge --

3

Category / Challenge Name:

-- Select a category --

-- Select a challenge --

BONUS POINT ACTIVITIES (check all completed this month)

Note: Bonus point values shown are the maximum available for the fiscal year (FY 2026–2027), not per month.

☐ Preventative Screening (1 pt)

☐ Health Coaching Session (1 pt)

☒ Flu Shot or Vaccination (1 pt)

☐ Dental Exam (x2/year) (2 pts)

☐ General Health / Physical Exam (1 pt)

☐ Financial Wellness Consultation (1 pt)

☐ Vision Exam (1 pt)

☐ Mental Health Counseling Session (1 pt)

☐ Volunteer Event (4 pts)

☒ Vibrant Life Choices Program (5 pts)

☐ Exercise Program Participation (6 pts)

☐ HealthJoy App (2 pts)

Challenge Points Earned (max 3): 0

Total Bonus Points Earned: 6

GOOD-FAITH ACKNOWLEDGEMENT



By selecting this box, I confirm in good faith that I have completed my selected wellness challenges for a minimum of 20 days during the month above, and that all bonus activities checked have been completed. I understand this program is built on personal accountability in support of my overall health and wellbeing.

Print Name test

Date 08/18/2026

Submit this form to your Community Wellness Champion by the last day of the month.

sunhealthwellbeing.org

SUN HEALTH Team Member Wellness Challenge Guide

Choose up to 3 challenges per month from any category below — 1 point each — FY 2026–2027

* = track for 22+ days
to earn the point

PHYSICAL WELLNESS

Move Your Body

- ☐ Take a 20-minute walk, swim, bike ride, or gentle movement session each day *
- ☐ Stand up and move for 5 minutes every hour during your workday *
- ☐ Complete 150 minutes of any physical activity spread across the week
- ☐ Try a new activity this month — yoga, tai chi, water aerobics, or dancing
- ☐ Do 5–10 minutes of stretching or flexibility work each morning or evening *
- ☐ Commit to 7–8 hours of sleep each night with a consistent bedtime routine *
- ☐ Spend time outdoors — a walk, gardening, or fresh air — at least 3x per week
- ☐ Complete strength or resistance exercises at least 2 days per week

NUTRITION & EATING WELL

Fuel Your Body

- ☐ Drink 6–8 glasses of water each day — add fruit or herbs to keep it interesting *
- ☐ Add one serving of fruits or vegetables to every meal *
- ☐ Eat a nourishing breakfast before leaving home at least 5 days this week
- ☐ Cook or prepare at least 2 meals at home each week
- ☐ Swap one processed snack per day for a whole food — fruit, nuts, or veggies *
- ☐ Practice mindful eating — sit down, no distractions, eat slowly once a day *
- ☐ Go meatless for 2 meals per week — try beans, lentils, or eggs as your protein
- ☐ Prepare a new healthy recipe at home — explore a cuisine or ingredient you have never tried

WELLNESS HABITS

Build Lasting Routines

- ☐ Brush teeth twice and floss once every day *
- ☐ Practice 5 minutes of deep breathing, meditation, or mindfulness each day *
- ☐ Limit screen time for 1 hour before bed — read, stretch, or journal instead *
- ☐ Establish a consistent morning or evening routine and stick to it
- ☐ Wear sunscreen daily when outdoors *
- ☐ Declutter or organize one space — a drawer, your desk, or your car — each week
- ☐ Review your bills or financial statements and check for any charges to address
- ☐ Perform a home safety check — test smoke and carbon monoxide detectors

FINANCIAL WELLNESS

Strengthen Your Future

- ☐ Review your bank or credit card statements and identify one area to improve
- ☐ Set one savings goal — write it down with an amount and a target date
- ☐ Build or update a simple monthly budget using any app, notebook, or spreadsheet *
- ☐ Cancel or evaluate at least one unused subscription or recurring expense
- ☐ Practice one money-saving habit — cook at home, use coupons, or skip one impulse buy *
- ☐ Open or add to an emergency savings fund at least once this month
- ☐ Have one intentional money conversation — with a partner, advisor, or family member
- ☐ Read or listen to one financial wellness book, article, or podcast this month

BRAIN, MENTAL & SPIRITUAL WELLNESS

Nourish Your Mind & Spirit

- ☐ Spend 10 minutes in quiet reflection, prayer, or stillness — no phone, no distractions *
- ☐ Write down 3 things you are grateful for each day *
- ☐ Practice 10–15 minutes of relaxation — meditate, pray, or breathe deeply *
- ☐ Learn something new each week — a podcast, book chapter, or online lesson
- ☐ Make one meaningful connection — call a friend, write a note, or have a real conversation
- ☐ Do one act of kindness for a colleague, neighbor, or family member each week
- ☐ Set a personal intention each Monday and reflect on it by Friday
- ☐ Write down 1 positive thing about yourself each day *

Write your chosen category and challenge on page 1. • Questions? Contact your Community Wellness Champion or visit sunhealthwellbeing.org