

SUN HEALTH

Team Member Wellbeing Program

Monthly Challenge & Bonus Points Acknowledgement | FY 2026–2027

Team Member Name

Community

Month / Year

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

1

Category / Challenge Name:

2

Category / Challenge Name:

3

Category / Challenge Name:

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): _____

Total Bonus Points Earned: _____

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

Date

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