

We would like to introduce to you the @Home Challenge!

Brought to you by



This challenge is meant to encourage healthy behaviors that will help each of us to better cope (and maybe even thrive) while social distancing. Everyone is welcome to join and it is very easy to begin! Simply earn points for taking the actions below! Keep your own points based on the honor system.

- Eat a serving of fruit (5 pts)
- Eat a serving of vegetables (5 pts)
- Drink a glass of water (5 pts)
- Try a new recipe (10 pts)
- Call a friend or family member (5 pts)
- Participate in a virtual get together (10 pts)
- Go outside (10 pts)
- Move for 30 minutes (15 pts)
- Write in a journal (5 pts)
- Create a gratitude list (5 pts)
- Meditate (5 pts)
- Take 3 deep breaths (5 pts)
- Check the news only once or twice per day (10 pts)
- Listen to a podcast (5 pts)
- Read a book/magazine (5 pts)
- Look at old photos on your phone or in a picture book (10 pts)
- Call a co-worker daily just to say, "Hello" (10 pts) - Show & Tell: Send a picture of your at-home work space to be shared with your co-workers (10 pts)
- Clean out/organize a drawer/cabinet/closet (10 pts)
- Research something you've been meaning to learn more about (10 pts)
- Create a budget (10 pts)
- Purchase a local business gift certificate (10 pts)
- Pick up a new hobby (10 pts)
- Do something that brings you joy (10 pts)

How does scoring work? Keep track of your own score by adding up your points throughout each day. We recommend that you post your point total on a daily basis! Your goal is 50-75 points per day. Share your scores and activities with us on Instagram at welladvisedltd.

