



(Click the logo above to go to the challenge homepage – all program information can be accessed here)

Welcome to the 2016 Olympic Wellness Challenge!!

We are so excited to have you in the challenge. This should be a fun, unique program that encourages you to think outside of the traditional “box” of wellness! For the next 4 weeks we will all look to improve our lives and that of those around us all while in the Olympic spirit.

Concept

The idea for this challenge is to open up your mind to the term *Wellness*, as it means so much more than just to eat right and exercise. Wellness is a much more holistic concept that is multi-dimensional and complex. This challenge looks to tap into some of those elements by having you complete tasks on a weekly basis in each of the 5 dimensions of wellness.

- **Social** - Developing and nurturing interdependent relationships with others, creating a support system, and building a just and caring community.
- **Occupational** - Encouraging participants to relieve stress on the job and achieving a balance between work and leisure time.
- **Emotional** - Acknowledging feelings and improving skills for self-care, relaxation, and stress reduction.
- **Physical** - Making healthy choices to improve body function. Achieved through exercise, eating well, and getting adequate sleep/rest.
- **Intellectual** - Expanding knowledge/improving skills through scholastic, technical, or cultural endeavors.

Each task will earn points. More points leads to more prizes at the end of the challenge!

Tracking form

I have created a tracking form via survey monkey that you will use to log your information. It is set up to be accessed and edited multiple times throughout the week. So you can choose to log on a daily basis (strongly encouraged) or all at once at the end of the week. However, each week you will be sent a new form, so pay attention to which week you are logging your information. A “week” in this challenge will run from Monday morning – Sunday night and I will allow until the close of business on Monday’s for participants to retroactively log activity from their weekend before the tracking form will be closed and inaccessible for the rest of the challenge. The tracking form allows you to “check mark” the tasks you have completed but you may only get credit for a specific task once a day. For example, if you end up doing two bouts of exercise in a day (awesome, great job!) but it will only count as 1 point in this challenge. Lastly, despite some tasks being more time intensive/challenging than others, all tasks are worth only one point. I would love to allow for multiple points for the same task or to weigh some tasks more than others but the platform we are utilizing for this challenge simply won’t allow it.

(Hopefully, you are in this for the experience more than just the points) 😊

Password

In order to protect everyone's information and only allow folks in the challenge to get credit, I have enabled a password protection to the tracking form. You will need to enter this password before you will be granted access to logging your data. This password will remain the same for the duration of the challenge and hopefully it's easy enough for everyone to remember!

Password (Case Sensitive): **Summer2016**

Prizes/Rewards Catalog Clarification

I will provide specific information on what the prizes are for this challenge in the coming weeks. However, what I can tell you is that we will be splitting point totals up into Bronze, Silver, and Gold Medal tiers and you will be rewarded with a medal at the end of the challenge! So there will be no "overall" winner as we are all winner and Olympic champions in this challenge! 😊

Additionally, I want to clarify for those wondering. This challenge is completely separate from the Live Healthy America programming we offered earlier in 2016. Meaning, no points award for this challenge will be combined or added onto the 10 week wellness challenge from back in January.

Walk to Rio Challenge

While this month-long wellness challenge is going on, we will also continue our journey in the Walk to Rio challenge. Just for fun, we are trying to walk the distance from Columbus to Rio as the city of Columbus. Our cumulative total will be calculated throughout August. If you have been participating, thank you, and please continue. If you have not, please consider tracking your walking/running/biking/swimming data separately in that challenge so that your efforts can be added to the overall total! To be clear, these are two separate challenges going on at the same time. However, we encourage folks to help us out with both! 😊

Thank you

We appreciate your participation and look forward to this experience with each and every one of you. If you have any questions throughout, comments, suggestions, issues, you name it, do not hesitate to ask. Healthy Columbus wanted to give folks a fun summer alternative to a traditional challenge and hope you all enjoy the program!

[Here is the link to the Week 1 tracking form](#)

Good luck and thanks again for joining us!