



Starting The Streak Challenge

Streak 1:

Jose choose the Physical Domain. His behavior is to floss his teeth daily. Jose will earn one point for every day he flosses his teeth. If Jose can successfully floss his teeth every day for the Streak Challenge (8 weeks) he will earn 56 Streak Points (perfect streak). See example below:

Behavior	Week 1 1/30-2/5	Week 2 2/6-2/12	Week 3 2/13-2/19	Week 4 2/20-2/26	Week 5 2/27-3/5	Week 6 3/6-3/12	Week 7 3/13-3/19	Week 8 3/20-3/26	Streak Points	Total Points
Floss Teeth Jan 30 - March 26	7	14	21	28	35	42	49	56	56	56

Streak 2:

After Jose continuously streaks flossing his teeth for 14 days, he is eligible to start a second streak. If Jose misses a day of flossing, he is not out, he just has to start over. Jose can NOT start a second streak until he has been successful streaking for 14 consecutive days. If Jose misses a day, and has to start over, it will delay starting a second streak.

Once Jose has streaked flossing his teeth for 14-days he chooses to add a second streak: Daily Walking Breaks. Jose decided to schedule his breaks at 2:30PM for a daily walking break. He will walk 15-minutes each day for the remainder of the challenge. Now, Jose is continuing his first streak: Flossing his teeth and his second streak: Daily Walking breaks. Jose is now earning 1 Streak Point for every consecutive day of the first streak + 1 Streak Point for the second streak. If Jose can successfully floss his teeth and walk every day for the Streak Challenge he will earn 98 Streak Points (2 perfect streaks) See example below:

Behavior	Week 1 1/30-2/5	Week 2 2/6-2/12	Week 3 2/13-2/19	Week 4 2/20-2/26	Week 5 2/27-3/5	Week 6 3/6-3/12	Week 7 3/13-3/19	Week 8 3/20-3/26	Streak Points	Total Points
Floss Teeth Jan 30 - March 26	7	14	21	28	35	42	49	56	56	56
Daily Activity Break Feb 13 - March 26				7	14	21	28	35	42	42

Streak 3:

If Jose is able to continuously streak Flossing Teeth (streak 1) and Walking Breaks (streak 2) for an additional 14 days, he is eligible to start a third streak. If Jose breaks either Streak 1 or Streak 2, he will have to wait until he has performed both streaks successfully for 14 days, in order to start his third streak. For his third streak, Jose chooses to eat a piece of Fresh Fruit daily. Now Jose is continuing Streak 1 and Streak 2 and starting Streak 3: Fresh Fruit daily. Jose is now earning 1 Streak Point for every consecutive day of the first streak, + 1 Streak Point for every consecutive day of the second streak, + 1 Streak Point for every consecutive day of the third streak (up to 3 Streak Points /day). If Jose can successfully floss his teeth, walk every day, and eat fresh fruit for the remainder of The Streak Challenge he will earn 126 Streak Points (3 perfect streaks) See example below:





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Floss Teeth Jan 30 - March 26	7	14	21	28	35	42	49	56	56	56
Daily Activity Break Feb 13 - March 26			7	14	21	28	35	42	42	98
Fresh Fruit February 27 - March 26					7	14	21	28	28	126

Streak 4:

If Jose is able to streak Flossing Teeth (streak 1) and Walking Breaks (streak 2) and Fresh Fruit (streak 3) for an additional 14 days, he is eligible to start a fourth and final streak. If Jose breaks either streak 1, streak 2 or streak 3, he has to wait until he has performed all streaks successfully for 14 days before he can start his fourth streak.

Jose chooses to log what he eats into the SparkPeople App for his fourth streak. Jose will continue streak 1, streak 2, streak 3 and starting streak 4: Dietary Logging. From this point on, Jose is earning 1 Streak Point for every consecutive day of the first streak, + 1 Streak Point for every consecutive day of the second streak, + 1 Streak Point for every consecutive day of the third streak, and + 1 Streak Point for every consecutive day of the fourth streak (up to 4 Streak Points /day). If Jose can successfully floss his teeth, walk every day, eat a fresh fruit, and log his diet for the Streak Challenge he will earn 140 Streak Points (4 perfect streaks) See example below:

Behavior	Week 1 1/30-2/5	Week 2 2/6-2/12	Week 3 2/13-2/19	Week 4 2/20-2/26	Week 5 2/27-3/5	Week 6 3/6-3/12	Week 7 3/13-3/19	Week 8 3/20-3/26	Streak Points	Total Points
Floss Teeth Jan 30 - March 26	7	14	21	28	35	42	49	56	56	56
Daily Activity Break Feb 13 - March 26			7	14	21	28	35	42	42	98
Fresh Fruit February 27 - March 26					7	14	21	28	28	126
Dietary Logging March 13 - March 26						7	14	14	14	140

All good things must come to an end – as is the case with the Streak Challenge. At the end of the Streak Challenge (8-weeks) Jose has started 1 to 2 habits and is well on his way to establishing 2 more healthy habits. Also, Jose has earned 140 Streak Points. (If he missed a day here or there or was unable to start 4 streaks, Jose may earn less Streak Points.) The Streak Challenge is worth up to 50 WellPath Points. The number of WellPath Points Jose earns is based on the number of Streak Points he earned.





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Converting Streak points to WellPath points:

The Streak Challenge is worth up to 50 WellPath points. The number of WellPath Points Jose earns is based on the number of Streak points Jose accumulates.

If Jose earned 100-140 streak points during the 8-week (56 day) Streak Challenge, he earns all 50 WellPath Points. If Jose earns 56-99 Streak Points, he would earn 25 WellPath Points.

If Jose was unsuccessful in completing the challenge or accumulated less than 55 streak points, he may still receive 10 WellPath Points for completing the evaluation.

How will I receive my incentive?

At the conclusion of the challenge, Jose would complete the post-Streak Challenge Evaluation sent by WellPath. WellPath will then report your participation in MyWellPath on your behalf. Remember to check your email and submit the post-Streak Challenge Evaluation before the deadline indicated.

Please remember that this challenge is based on the honor system. When submitting activities, including the evaluation, you must certify that you have completed the activity which you are reporting. You are certifying that the activity you have submitted is true and accurate and that to falsifying the submission or any other employee benefit document could constitute repayment to the Community from your payroll for all WellPath benefits provided in the past 12 months, and/or disqualification from the WellPath Program for the duration of my employment.

If you have questions, please contact WellPath.

