



The Streak Challenge FAQs

How do I choose a behavior to streak?

WE all have "intentions" to start doing something we think is good for us. Or, improve on something we already do. You know? "I'm going to start walking 20 minutes per day." "I'm going to brush my teeth after every meal." "I'm going to eat fruit every day." Those are good streaks. But if nothing really comes to mind you can find lots of examples on the <https://www.srpmic-nsn.gov/wellpath/challenges/streakchallenge/domains/>.

To help you, WellPath provides examples of streaks from 7 different domains of wellness. If you want to be well-rounded in your pursuit of wellness, choose streaks from different domains of wellness.

This challenge seems really simple. Is there a catch?

Of course! The challenge is designed to be very simple and tricky. When we repeat a behavior every day for a month or longer, it can become a habit. So while participants are having fun, meeting the challenge and improving their health, they are developing habits. Habits can be hard to quit. Don't be surprised, if after the Streak challenge is over, you continue, for no Wellness points at all! (Insert diabolical laugh here!)

How do I get started?

You register online using this link: <https://www.surveymonkey.com/r/WPTheStreak2026>

Be prepared to provide the following information:

1. Your employee ID
2. An e-mail address you would like to use for the challenge
3. You will pick a Domain of Wellness
4. Type in the behavior you will be streaking. Please be specific about what streak you can accomplish everyday throughout the challenge duration.

You will be contacted with further instructions and support when the challenge starts.

What are "further instructions"?

You will receive a calendar invite for each streak you register for, as a reminder to complete your behavior for that day. There is no need to respond to daily emails. Participants will keep track of their own streaks using a streak tracker of their choosing (app, calendar marks, the WellPath PDF tracker are examples).

Can I have more than one streak (Streak more than one behavior)?

The streak challenge, is designed after the very important principle: success breeds success. And, "you can build on success." When you have completed 14 consecutive days on your first streak, you can add a second streak. If you can run the second streak 14 days in a row, you can add a third streak. If you are 100% successful in the Streak Challenge you will have 4 streaks going consecutively at the end of the 8-weeks. The more days you streak successfully, the more WellPath points you get for participating in the Streak Challenge.





The Streak Challenge

Can I break my streak?

If you break your streak, you do have options to be successful in completing The Streak Challenge. You can start over with the same streak, or you can replace your first streak's behavior with a new streak behavior which you feel more confident completing.

How do I track my streaks?

You have choices for how you would like to track your streaking:

1. There is a paper and pencil tracker created for you to download from <https://www.srpmic-nsn.gov/wellpath/challenges/streakchallenge/streak-tracking/>. You can keep record of your streaks using the PDF file, electronically or printed. Whatever works best for you.
2. There are several phone Apps available for tracking your streaks. Just use the reporting form you download to report your success each week.
3. Some software/apps track streaks, Bible Gateway tracks your streaks of days in devotion, MyFitnessPal tracks your streaks logging your diet and exercise. Wearable devices track streaks. Fitness centers keep attendance logs, many journaling tools like Bliss, track streaks. If you find a way to track your streaks, be like NIKE and "just do it."
4. We know what you are thinking. "Is tracking my streaks a streak?" No!
5. if you need more tracker ideas, please reach out to Wellness@SRPMIC-nsn.gov

What do the Domains of Wellness have to do with the Streak Challenge?

Wellness is a multifaceted concept. So people make models to help understand how wellness includes so many areas. There are "pillars of wellness" "Domains of Wellness" and there are 3-pillars, 4-pillars and more-pillars in models. If you did the WellPath Passport to Wellness Challenge you may remember the "7-domains of wellness?" That's what we used for the Streak Challenge.

Domains are helpful in allowing you to consider streaks that improve your wellness in areas you may never have considered. Many people are strong in some domains and may completely neglect other domains of wellness. We want you to be well-rounded in your pursuit of wellness. So we ask you to consider streaks from different domains. You don't have to - but we really want you to - and we give out the WellPath points. You can download the graphic from

<https://www.srpmic-nsn.gov/wellpath/challenges/streakchallenge/domains/>

If you have questions, please contact WellPath.

