



The Streak Challenge Tracker

Name: _____ Employee ID #: _____

Keep record of your streaking behavior on this document. You can log your streaks and send a copy to Wellness@SRPMIC-nsn.gov every Monday. You may print and scan, take a picture or save in a digital format, please just include your name. Note: You must have registered for the challenge and indicate your behavior on your registration.



8 Domains of Wellness

Intellectual	Physical	Social/Cultural	Environmental	Occupational	Spiritual	Emotional
The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interactions and community betterment. The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning contributes to our Intellectual Wellness.	The ability to maintain a healthy quality of life completing daily activities without undue fatigue or physical stress. To recognize that our behaviors have a significant impact on our wellness and adopting healthful habits (a balanced diet, exercise, etc.) while avoiding destructive habits (tobacco, drugs, alcohol, etc.) will lead to optimal Physical Wellness.	The ability to relate to and connect with other people in our world. Our ability to establish and maintain positive relationships with family, friends, and coworkers contributes to our Social Wellness.	The ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us. The ability to make a positive impact on the quality of our environment, be it our homes, our communities, or our planet contributes to our Environmental Wellness.	The ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness.	The ability to establish peace and harmony in our lives. The ability to develop congruency between values and actions and to realize a common purpose that binds creation together contributes to our Spiritual Wellness.	The ability to understand ourselves and cope with the challenges life can bring. The ability to knowledge and share feelings of anger, fear, sadness, or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness.





The Streak Challenge Tracker

Streak 1:

What behavior will you be streaking: _____

What domain of wellness do you feel your behavior belongs (circle one):

Intellectual

Physical

Social/Cultural

Environmental

Occupational

Spiritual

Emotional

Streak 2:

What behavior will you be streaking: _____

What domain of wellness do you feel your behavior belongs (circle one):

Intellectual

Physical

Social/Cultural

Environmental

Occupational

Spiritual

Emotional

Streak 3:

What behavior will you be streaking: _____

What domain of wellness do you feel your behavior belongs (circle one):

Intellectual

Physical

Social/Cultural

Environmental

Occupational

Spiritual

Emotional

Streak 4:

What behavior will you be streaking: _____

What domain of wellness do you feel your behavior belongs (circle one):

Intellectual

Physical

Social/Cultural

Environmental

Occupational

Spiritual

Emotional





Starting The Streak Challenge

Week 1: January 19 - January 25

	Monday January 19	Tuesday January 20	Wednesday January 21	Thursday January 22	Friday January 23	Saturday January 24	Sunday January 25
Streak 1							

**Simply put a checkmark or an X on the days of the week you streaked your Streak 1 behavior.

Week 2: January 26 - February 1

	Monday January 26	Tuesday January 27	Wednesday January 28	Thursday January 29	Friday January 30	Saturday January 31	Sunday February 1
Streak 1							

**Simply put a checkmark or an X on the days of the week you streaked your behavior. If you have successfully streaked your behavior for 14 days in a row, congratulations! You may now register to start a second streak. If you missed a day, don't worry. When you have successfully streaked your behavior for 14 days in a row, you may start a second streak.

Week 3: February 2 - February 8

	Monday February 2	Tuesday February 3	Wednesday February 4	Thursday February 5	Friday February 6	Saturday February 7	Sunday February 8
Streak 1							
Streak 2							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors.

Week 4: February 9 - February 15

	Monday February 9	Tuesday February 10	Wednesday February 11	Thursday February 12	Friday February 13	Saturday February 14	Sunday February 15
Streak 1							
Streak 2							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors. If you have successfully streaked your behavior for 14 days in a row, congratulations! You may now register to start a third streak. If you missed a day, don't worry. When you have successfully streaked your behavior for 14 days in a row, you may start a third streak.





Starting The Streak Challenge

Week 5: February 16 - February 22

	Monday February 16	Tuesday February 17	Wednesday February 18	Thursday February 19	Friday February 20	Saturday February 21	Sunday February 22
Streak 1							
Streak 2							
Streak 3							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors.

Week 6: February 23 - March 1

	Monday February 23	Tuesday February 24	Wednesday February 25	Thursday February 26	Friday February 27	Saturday February 28	Sunday March 1
Streak 1							
Streak 2							
Streak 3							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors. If you have successfully streaked your behavior for 14 days in a row, congratulations! You may now register to start a fourth streak. If you missed a day, don't worry. When you have successfully streaked your behavior for 14 days in a row, you may start a fourth streak.





Starting The Streak Challenge

Week 7: March 2 - March 8

	Monday March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	Friday March 6	Saturday March 7	Sunday March 8
Streak 1							
Streak 2							
Streak 3							
Streak 4							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors.

Week 8: March 9 - March 15

	Monday March 9	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13	Saturday March 14	Sunday March 15
Streak 1							
Streak 2							
Streak 3							
Streak 4							

**Simply put a checkmark or an X on the days of the week you streaked your behaviors.

Congratulations! You have completed The Streak Challenge.

When you have successfully completed The Streak Challenge, you will receive an email with a link to the challenge evaluation. If you have questions, please email Wellness@SRPMIC-nsn.gov or visit The Streak Challenge webpage, <https://www.srpmic-nsn.gov/wellpath/challenges/streakchallenge/>

