



# THE STREAK CHALLENGE

BEGINNING **19** JANUARY 2026 | MARCH 2026 **22** ENDING

How many days in a row can you perform a NEW healthy behavior (a streak)? Can you streak a healthy behavior for 8-weeks? How about streaking two healthy behaviors? Three?

Join The Streak Challenge and earn up to 50 WellPath points for improving your health one little behavior at a time!



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 walk 20-minutes everyday."

"I'm going to brush my teeth after every meal."

"I'm going to eat fruit every day."

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.

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 your healthy behavior.

Join The Streak Challenge and be ready to start streaking on January 19th.

**REGISTER NOW**



[www.srpmic-nsn.gov/wellpath/](http://www.srpmic-nsn.gov/wellpath/)



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