

2022 monthly wellness challenges

healthylifestyles

Join a challenge and earn 1,000 reward points for reaching the goal.

Month	Challenge	Type	Goal
Jan	Walk Your Way into 2022 Start the year off right by stepping as much as you can in January. Are you ready? Hit the goal of 105,000 total steps and set yourself up for success!	Steps	105,000 Steps
Feb	Jump Start Your Heart It's heart health month! Improve your cardiovascular health by exercising more, stressing less, getting adequate sleep and eating a nutritious diet. Use the trackers to track at least 10 green days this month to make the challenge goal.	Green Day	10 Green Days
Mar	Sleep Tight Tonight Challenge yourself to make some small changes in your sleep habits that will make a big difference in your overall health. Challenge yourself to get 7-9 hours of sleep for 10 nights.	Sleep	10 Days
Apr	Level Up Walking Challenge Kick things up a level by walking at least 7,000 steps for 15 days this month to improve your heart health and overall fitness. When you track 105,000 steps, you've reached the challenge goal!	Steps	105,000 Steps
May	Live In The Green Kick off this month by making healthy choices. Track your progress and turn small habits into long-term healthy habits. Track at least 21 green days this month to reach the goal.	Green Day	21 Green Days
Jun	Relax Your Mind Challenge yourself to take deep breaths and take more breaks throughout your day. Track a calm or productive day in your stress tracker for seven days this month.	Stress	7 Days
Jul	10K a Day Can you take 10,000 steps in a single day? It may be easier than it sounds. Track your steps this month and see how many days you can do it! Hit 105,000 steps this month to complete this challenge.	Steps	105,000 Steps
Aug	Ditch the Screen Challenge When it is time to turn off your brain, try shutting down your mobile device, too. For this self-attestation challenge, focus on getting less screen time. Answer "yes" to the daily challenge goal at least 10 times this month.	Self-Attest	10 Days
Sep	Get more ZZZ's Tracking your sleep habits can help you understand how much (or how little) sleep you're actually getting. Use your sleep tracker for at least 21 days this month to meet the challenge goal.	Sleep	21 Days
Oct	Step it Up Step it up by increasing your steps this month! Aim to walk 5,000 steps per day this month! The goal is to track 105,000 total steps before the challenge ends.	Steps	105,000 Steps
Nov	Simple Peace Mindfulness Challenge Meditation is a mindfulness technique that trains your attention and awareness to achieve a calm and stable state. It can help lower stress, improve focus, and make you feel more connected. Find time to meditate at least once a day for 7 days.	Self-Attest	7 Days
Dec	Veg out Challenge With healthy foods on your plate, you'll feel more energized, weigh less, and help prevent disease! Challenge yourself to fill your plate with half fruits and veggies, then choose lean proteins and whole grains. Eat in the green for 10 days to reach the challenge goal.	Nutrition	10 Days

Join the next challenge at
MyHealthyLifestyles.sharecare.com

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