Your guide to well-being challenges for the 2018-2019 program year.

Well-being challenges are a fun way to work toward well-being goals with other members of Take Charge! Live Well! There are a variety of challenges throughout the year, each with a different focus, such as being more active, eating better or achieving a healthier weight. Each challenge also gives you the opportunity to earn $50 — up to a maximum of $200.*

Below is a list of challenges you can participate in during the program year.

**August**

**Fit Together**
Grab a co-worker, friend or your family and focus on fitness together. You’re sure to do your body and relationship some good. It’s a great way to de-stress, too.

*To earn rewards: Record your exercise minutes on 15 or more days.*

**Registration:** July 16 – Aug. 5

**Challenge runs:** Aug. 1 – Aug. 31

**Just Add Water**
Raise a glass and enjoy the benefits of drinking water. The goal is to drink at least 48 oz per day during the challenge. (That’s equal to six 8 oz cups.) Drink it plain, infused or flavored, and as long as it’s not sweetened, record it.

*To earn rewards: Record your ounces on 15 or more days.*

**Registration:** July 16 – Aug. 5

**Challenge runs:** Aug. 1 – Aug. 31

**September**

**Friends and Family Fun**
Spend time with family and friends creating new memories during this challenge. From a simple chat to a warm embrace or a planned activity, there are a number of ways to make memorable moments each day. Your goal is to record one memory daily. To earn rewards: Record your memories on 15 or more days.

**Registration:** Aug. 20 – Sept. 5

**Challenge runs:** Sept. 1 – Sept. 30

**Weight Watch**
Everyone has a weight goal. What’s yours? Whether you want to lose, maintain or gain, use this challenge as motivation to make healthy choices (like getting active and eating nutritiously) that support your goal. To earn rewards: Record at least one healthy choice on 15 or more days.

**Registration:** Aug. 20 – Sept. 5

**Challenge runs:** Sept. 1 – Sept. 30

**October**

**Sugar Shaker**
Become more aware of the “added sugar” you consume, and find healthier alternatives. Learn the different names of sugar. If one appears in the first three ingredients, consider another choice.

*To earn rewards: Record how many healthier choices you make each day. To earn rewards: Record one or more choices on at least 15 days.*

**Registration:** Sept. 20 – Oct. 5

**Challenge runs:** Oct. 1 – Oct. 31

**Sweet Sleep**
Ready for a better night’s sleep? Commit to a relaxing bedtime routine. Set an alarm so you go to bed in time to get the sleep your mind and body need (suggested: 7 to 9 hours). Record how much you slept.

*To earn rewards: Record the hours you slept on 15 or more days.*

**Registration:** Sept. 20 – Oct. 5

**Challenge runs:** Oct. 1 – Oct. 31

**November**

**Get Financially Fit**
Get a better idea of how you’re spending your money. Keep track of dollars spent on variable expenses each day via paper, spreadsheet, etc. Examples: clothes, entertainment, food. To earn rewards: Record that you kept track of spending once per day on 15 or more days, even if the amount spent is $0.

**Registration:** Oct. 20 – Nov. 5

**Challenge runs:** Nov. 1 – Nov. 30

**Calorie Cutters**
Want to cut excess calories for a healthier diet or waistline? Check the calories in what you’d normally eat and drink. When you can, choose a lower calorie option. Record calories cut with your swaps each day in the challenge.

*To earn rewards: Record calories cut on 15 or more days.*

**Registration:** Oct. 20 – Nov. 5

**Challenge runs:** Nov. 1 – Nov. 30

**December**

**Doing Good in the Neighborhood**
Take an opportunity to give back to your community. Practice acts of kindness to a stranger, helping hands for a neighbor, compliments to a co-worker or volunteering for a cause. Record every deed you complete.

*To earn rewards: Record one deed on 15 or more days of the challenge.*

**Registration:** Nov. 20 – Dec. 5

**Challenge runs:** Dec. 1 – Dec. 31

**Go For Ten**
This challenge makes it fun and easy to get active. The goal is 30 total minutes of physical activity per day, most days of the week. If you want to make it easy, split it up into 10-minute bursts, three times a day.

*To earn rewards: Record your minutes on 15 or more days.*

**Registration:** Nov. 20 – Dec. 5

**Challenge runs:** Dec. 1 – Dec. 31

**January**

**Share Your Resolution**
Everyone can benefit from making wellbeing goals (or resolutions). Sharing them with others increases your odds for success. Share yours in the challenge along with the healthy choices you make each day as you work toward your goals.

*To earn rewards: Record one or more healthy choices on at least 15 days.*

**Registration:** Dec. 20 – Jan. 5

**Challenge runs:** Jan. 1 – Jan. 31

**Weight Watch**
Everyone has a weight goal. What’s yours? Whether you want to lose, maintain or gain, use this challenge as motivation to make healthy choices (like getting active and eating nutritiously) that support your goal.

*To earn rewards: Record at least one healthy choice on 15 or more days.*

**Registration:** Dec. 20 – Jan. 5

**Challenge runs:** Jan. 1 – Jan. 31
February
Mindful Moments
Try new and different ways to de-stress and feel your best. For example, keeping a stress journal, meditating, listening to music. Track the techniques you try each day. Your goal: at least one per day.
To earn rewards: Record one or more techniques on at least 15 days.
Registration: Jan. 20 – Feb. 5
Challenge runs: Feb. 1 – Feb. 28
Sodium Shakedown
Keep track of your sodium (salt) intake to protect your heart. Check labels and use paper or a mobile app to keep track, if you’d like. (1,500 mg of sodium per day is a good limit.) When you make healthy choices, record them in the challenge. To earn rewards: Record at least one healthy choice on 15 or more days.
Registration: Jan. 20 – Feb. 5
Challenge runs: Feb. 1 – Feb. 28

March
True Colors
This challenge is about enjoying more servings of fruits and vegetables every day, whether they’re fresh, frozen, canned, dried or 100% juice. Focus on a new color each week to ensure variety. Suggested goal: 5 servings per day.
To earn rewards: Record your produce servings on 15 or more days.
Registration: Feb. 20 – March 5
Challenge runs: March 1 – March 31
Fitness Frenzy
Let’s make fitness a regular part of our routines. Strive to exercise at least 150 minutes per week. Split it up how it works for you: five 30-minute sessions a week, three 50-minute sessions, etc. To earn rewards: Record your minutes on at least 15 days.
Registration: Feb. 20 – March 5
Challenge runs: March 1 – March 31

April
Step It Up
This activity challenge has a simple strategy: left, right, left. The goal is to take 10,000 steps a day by walking, running or any of your favorite physical activities. (Wear a compatible device or use the FAQs to convert activities to steps.) To earn rewards: Record steps on 15 or more days.
Registration: March 20 – April 5
Challenge runs: April 1 – April 30
Throwback Thursday
Cut down on clutter by donating or giving away unwanted items. Each day, identify items and record them in the challenge. Throw them back into the universe every Thursday (or whichever day is best for you). To earn rewards: Record at least one item decluttered on 15 or more days.
Registration: March 20 – April 5
Challenge runs: April 1 – April 30

May
Active Commuting
This challenge makes it fun and easy to get active. The goal is to swap one traditional commute each day with an active commute. Examples: bike to work, walk to the store, roller skate to your friend’s house. To earn rewards: Record active trips on 15 or more days.
Registration: April 20 – May 5
Challenge runs: May 1 – May 31
Produce Pick Me Up
Help your body thrive by eating nutrient-rich fruits and vegetables. Stick to your favorites or get adventurous and try something new. Suggested goal: 5 servings of produce per day. To earn rewards: Record your produce servings on 15 or more days.
Registration: April 20 – May 5
Challenge runs: May 1 – May 31

June
Training Camp
This fitness challenge is for participants of all skill levels. The goal is to try a variety of strength, balance, endurance, agility and flexibility exercises — and rack up 150 minutes of activity per week. To earn rewards: Record your exercise minutes on 15 or more days.
Registration: May 20 – June 5
Challenge runs: June 1 – June 30
Weight Watch
Everyone has a weight goal. What’s yours? Whether you want to lose, maintain or gain, use this challenge as motivation to make healthy choices (like getting active and eating nutritiously) that support your goal. To earn rewards: Record at least one healthy choice on 15 or more days.
Registration: May 20 – June 5
Challenge runs: June 1 – June 30

*The maximum you can earn for participating in well-being improvement activities is $200. Activities include well-being challenges, health coaching calls and online Financial Well-Being lessons that you complete. You must achieve the active participation requirement for each challenge to earn the reward. Reward cards are considered taxable compensation. The taxes will be deducted from your paycheck. For more information about the Take Charge! Live Well! program, visit ohio.gov/tclw and select Program Guide under About Take Charge! Live Well!

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