



MIND + BODY + SOUL

TRIPLE THREAT WELLNESS CHALLENGE

Welcome to the challenge!

Congratulations on joining the Triple Threat Wellness Challenge and making a commitment to healthy living! This is a team-based challenge designed to help you focus on balance and revitalize your mind, body, and soul. Wellness is about your WHOLE self, and we hope this challenge inspires you to adopt some healthy habits into your life.

For 21 days, we will complete simple activities that nurture your mind, body, and soul. Each week, the activities will focus on one of these three aspects of wellness. You'll receive a task card that includes a variety of healthy habits and each is assigned a point value. The more activities you complete, the more points you earn!



Track and submit your healthy activities

You will be given a scorecard to track your weekly activities and points. Each day, visit your team challenge website to submit what you've done. It's simple: click on your Team Name and indicate the activities you've completed. The more tasks you do, the more points you earn for your team! Submitting activities is done on the honour system. We're all here to support each other!



RANK	TEAM	POINTS
1 st	The Gouda Life	875
2 nd	Kale Blazers	653
3 rd	Goal Getters	423
4 th	Chow Town	345
5 th	Super Eaters	326
6 th	Red Hot Chili Peppers	315
7 th	Brave Heart	302
8 th	Dream Team	298
9 th	The Unstoppables	297
10 th	A-Team	264

Track your team's progress on our leaderboard, which you can find on the challenge website. The more activities your team members complete, the more points you accumulate. Work together to see your team climb to the top! The team with the most points wins the challenge!



Visit the Team Challenge Resource Centre for valuable information and helpful links to support you throughout the challenge!