

Month	Challenge	Tracking Form	Event	Prize	Resources to share
January 2022	Goal Setting	Submit 1 longterm goal for 2022 before the end of the month. Goal should be health focused (physical or mental health). Then participants will submit ways/action steps that they will take to reach that goal.	Program Introduction and SMART Goal Setting		**Throughout the year - keep bringing back up the goal that they set at the beginning of the year.
February 2022	Physical Activity Minutes	Track weekly activity minutes (show change across the month - gradually work towards 150 minutes or increase intensity if you are already at 150 minutes pper week **this can be the emphasis of the messaging)	Exercise Class		Resources focus on activities that are good for your heart. American Heart Association has great resources.
March 2022	Nutrition	Track food journaling (challenge is to confirm that yo track 5/7 days of the week - option to submit the tracking for someone on the team to look over)	MyPlate Discussion		Share recipes. Highligh local prediabetes programs
April 2022	Sleep	Track # hours of sleep (what is the goal? Simply to track or to take note of what may have affected their sleep negatively?)	Erin has a colleague who does presentation on "Sleep is the Third Pillar of Health" - Beverly Jackey, bjackey@umd.edu		Benefits of sleep; how to get better sleep
May 2022	Office Exercise	Track exercise in the office 3/5 days during the week (squats, walk, etc.)			Employee Health & Fitness Month; Promote Healthiest Maryland Businesses; Workout at Work
June 2022	Fruit & Vegetable Consumption	Track trying a new fruit or vegetable? Track a certain # of servings per day or week?	Cooking class? Ways to spice up fruits & veggies?		also send out info about men's health month
July 2022	Water Consumption	Track how much water you drink in a day (goal to increase water consumption?)			Info on sun safety to prevent skin cancer. Jacquie has infused water flyers; Rethink Your Drink
August 2022	Tech Awareness	Track screen time (goal to reduce weekly?)			
September 2022	Strength Conditioning	Track strength training 3x's during the week?	Basic strength training exercises and how to modify (senior center staff?? or physical trainer?)		Provide situp, plank, and pushup challenges as options
October 2022	Step Challenge	Track daily steps (what is the goal??)			
November 2022	Maintain Don't Gain				
December 2022	Mental Health (2 week challenge)	Simple check box - Did you take time for self care this week? Did you make your mental health a priority			Promote me time, meditation, volunteering, etc.