Shape Up Challenge

What is the Shape Up Challenge?
The Shape Up Challenge is a worksite wellness program designed to increase awareness of the benefits of regular physical activity, nutrition and other lifestyle behaviors. The Shape Up Challenge lasts six weeks and provides an opportunity for personal achievement and friendly competition among fellow employees at your company. During the Shape Up Challenge participants earn points for completing defined wellness activities.

How do you earn points?
During the six weeks of the challenge, you will earn daily points by engaging in healthy lifestyle behaviors. You earn a ✓ for each category (see examples below). Each ✓ is worth 10 points. You earn points for completing wellness activities each day, up to a maximum of 50 points a day and 350 points a week.

Points are earned in the following categories:
- **Eat 5** – Eat 5 servings of fruits and vegetables each day.
- **Sleep 7** – Get at least 7 hours of sleep each night.
- **Take 10** – Take time to relax at least 10 minutes each day.
- **Move 30** – Exercise for 30 minutes each day.
- **4 Others** – Do one random act of kindness each day.

**BONUS points:** Earn an extra 10 points per week by completing weekly bonus activities. Weekly activities and instructions are listed on the back of your tracking form.

How do you track your points?
A Shape Up Challenge paper tracking form is available to track your points each day.