



“UPLIFT”

MENTAL WELLNESS TEAM CHALLENGE

Guide for
Challenge
Leads



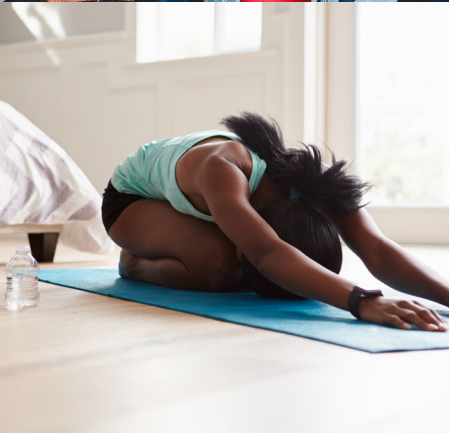


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Welcome to “Uplift”!

In Canada, many individuals are struggling to balance daily responsibilities with emotional well-being. A 2023 [survey](#) found that 40% of Canadians felt their stress levels had increased in the previous year, with working-age adults showing the highest rates of growth. The **“Uplift” Mental Health Team Challenge** is designed to help people take active steps to manage their own stress and anxiety and promote mental wellness within the workplace.

From individual challenges like practicing meditation and keeping a gratitude journal to team-based goals of expressing gratitude to your colleagues, **“Uplift”** is meant to positively impact not only your mental wellbeing, but your sleep, physical health, and relationships.

This guide is meant for the Challenge Lead - a facilitator who will guide participants through an experience that blends personal growth with teamwork and fun. Here, you'll find everything you need to lead the way, create an inspiring environment, and help your team embrace the small shifts that can lead to a brighter, more fulfilling life!

Why Lead the “Uplift” Challenge?

Every successful team challenge needs a passionate leader to bring people together, inspire participation, and keeps momentum going. That’s where Challenge Leads come in. Challenge Leads have the exciting role of leading a challenge for your chosen group, whether it’s your team, department, or even the whole company.

As a Challenge Lead, your role involves rallying participants, hosting weekly check-ins, tracking team progress, and motivating everyone with encouragement and updates –and it’s easy to do with this guide, designed to help you organize, plan, and track the **“Uplift”** team challenge with ease.

To make facilitating the challenge easy, in this guide, you’ll find:

1

Challenge Summary: A detailed overview to help you and participants understand the purpose and goals of the challenge.

2

Weekly Communications: Email templates with instructions for each weekly task and interesting information to keep participants engaged and motivated throughout the challenge.

3

Tracking Tools: Example tracking charts and leaderboards to help you monitor progress and celebrate milestones along the way.

Use this in tandem with the General Guidelines Guide, where you’ll find helpful tips for setting up teams, managing the process, and executing the challenge.

Leading a team challenge is an excellent opportunity to showcase and develop your leadership skills while making a meaningful impact on the health and wellbeing of others. In return, you’ll gain valuable experience in organizing group activities, driving engagement, and fostering a supportive and fun environment.

Overview and Objective

The **“Uplift” Mental Wellness Team Challenge** is designed to encourage healthy routines by introducing small moments of intentional reflection throughout the day. By participating in such challenges, team members can also form connections to others in the workplace, leading to better job satisfaction. **“Uplift”** is a four-week mental wellness challenge that asks employees to take small moments to connect to themselves and to those around them. By choosing to facilitate the **“Uplift”** Challenge in your workplace, you will be encouraging yourself and your coworkers to engage in self-care and prioritize mental wellness.

Here, you’ll find a table of each weekly challenge:

Week of Challenge	Daily Meditation	Gratitude Journal	Note of Thanks on Digital Appreciation Whiteboard	Creative Activity
Week 1	≥ 10 min/day	_____	_____	_____
Week 2	≥ 10 min/day	5-10 items/day	_____	_____
Week 3	≥ 10 min/day	5-10 items/day	1/day	_____
Week 4	≥ 10 min/day	5-10 items/day	1/day	0-10 hours/week

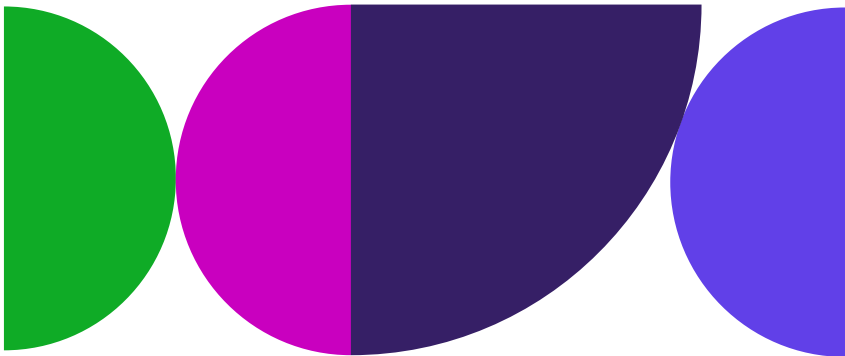
These weekly tasks promote healthy mental habits while also encouraging teamwork, accountability, and a touch of friendly competition. Participants will not only contribute to their team’s success but also take steps toward a happier and more reflective lifestyle!

Challenge Summary

Here is a table that summarizes the weekly tasks, what participants are to submit, and how points are calculated:

Week of Challenge	Points for Meditation	Points for Gratitude Journal	Points for Digital Team Appreciation Whiteboard	Creative Points (assessed weekly)
Week 1	1 pt/day (≥ 10 min)	_____	_____	_____
Week 2	1 pt/day (≥ 10 min)	1 pt/day (confirmation + 1 item from list)	_____	_____
Week 3	1 pt/day (≥ 10 min)	1 pt/day (confirmation + 1 item from list)	1 pt/day (1 post)	_____
Week 4	1 pt/day (≥ 10 min)	1 pt/day (confirmation + 1 item from list)	1 pt/day (1 post)	1 pt/30 min (maximum 20 pts)

Please note that not all participants may wish to share their points or experiences, and that is completely acceptable. This challenge is intended to be an enjoyable and voluntary experience, allowing everyone to engage in a manner that aligns with their preferences. Participants who prefer not to share their points can still fully contribute to and belong to a winning team. However, please note that they will not appear on the leaderboard or be eligible for individual recognition based on points. This ensures everyone can participate in a way that feels comfortable while supporting their team’s overall success.



Weekly Templated Communications

In this section, you'll find templated emails that will need to be modified with your information before sending (i.e. personalized with your name and email to submit weekly points, prize details, key dates and sign-up forms). Each weekly email template includes all the key information needed for clear and effective communication during the team challenge. However, feel free to personalize and adjust them to align with your unique style and approach.



PRE-CHALLENGE

Team Recruitment/Invitation Email:

This email is meant to be sent 1 – 2 weeks before the start of the challenge

Subject: Join the “Uplift” Team Challenge and Win!

Hi Everyone,

I'm excited to invite you to take part in the **“Uplift” Mental Wellness Team Challenge**, an engaging way to take small meaningful steps to prioritize your own mental well-being and support your team.

Challenge Overview

“Uplift” is a four-week mental wellness challenge that asks you to follow weekly challenges and take small moments to connect to yourself and to those around you.

Here's how the challenge works:

- **Weekly tasks:** Each week, you'll complete challenges designed to boost your mental wellbeing, such as daily meditations and keeping a gratitude journal. As you complete the tasks, you'll earn points for your team.
- [Optional] **Prizes:** The team with the most points at the end of the challenge will win [insert prizes here].
- **Kickoff:** The challenge starts on [insert date]. Your first task will involve staying hydrated.

Ready to join?

Sign up by [insert deadline] using this form: [link to form]. Add your name, email address, and department, and you're all set!

If you have any questions or need more details, feel free to reach out.

Looking forward to helping “uplift” each other and earning points together with you all!

Best regards,

[Your Name]



Welcome Email:

This email is meant to be sent within 1 week of the challenge kick-off once teams have been determined.

Subject: Welcome to the “Uplift” Challenge!

Hello! And welcome to the [fill in company/department name here] **“Uplift” Mental Wellness Team Challenge**, designed to encourage you to take small meaningful steps to prioritize your own mental wellbeing.

According to [Statistics Canada](#), nearly 18% of Canadians meet the criteria for a mental health condition. Lifestyle changes can provide one with emotional resilience and act as a protective factor for mental health. In this four-week team challenge, you will be asked to implement daily practices that have been shown to improve emotional well-being and decrease the perception of stress. As a bonus, by completing these tasks, you will earn points for your team that will go towards earning prizes. Some of the prizes available are [list prizes here].

Participation in this challenge is meant to be fun, voluntary, and entirely on your terms. While you’re welcome to share your points and experiences if you choose, there’s no obligation to do so, and any shared information will remain respectful of your privacy.

The challenge will begin on [insert date here], and for week one you will be asked to complete short daily meditations. Look out for our email Monday morning that will have more information about the challenge!

TEAMS:

[list teams/members here]



WEEK 1

Monday Mission:

This email is meant to be sent on a Monday

Subject line: "Uplift" Challenge – Week 1 Mission!

Happy Monday!

It's time to kick off the **"Uplift"** challenge! One word that has gotten a lot of attention in the media lately as regards mental health is mindfulness. In this context, being mindful means to be aware of the self in a way that is not judgemental. It allows one to stop focusing on the past or the future and to be completely aware of the sensations of the present.

Research has shown that practising mindfulness is an effective way to reduce stress and anxiety, help with addiction, and even reduce chronic pain. One of the ways to improve mindfulness is through daily meditation. The practice of clearing your mind of all thoughts except for what is happening in that moment, meditation forces your brain to slow down its thinking and draws focus to the body's sensation in that moment. According to a **2019 study**, just 13 minutes of daily meditation led to improved mood, decreased anxiety, and enhanced attention and memory.

For this week's challenge, you will be asked to complete a short meditation of 10-15 minutes each day. Meditation can take many forms, and you are welcome to find any app or podcast you prefer that will take you through a guided meditation. If you are unsure where to start, the myStrength program available through Teladoc Health can direct you to appropriate resources.

Scoring: After completing your daily meditation, email me at [\[insert Challenge Lead contact info\]](#) to record your progress. Please include the length of the meditation and the app used (where applicable). You will have until **noon** the following workday to record your progress in order to score points. For each day that you complete at least 10 minutes of meditation, you will score one point for your team. If every member of the team records a point on a given day, the points for that day will be doubled.

Remember that the primary goal of **"Uplift"** is to develop skills to protect and promote your own well-being. As with any lifestyle change, the effectiveness is determined by how open you are to incorporating new ideas - something to be *mindful* of when doing your daily meditation.



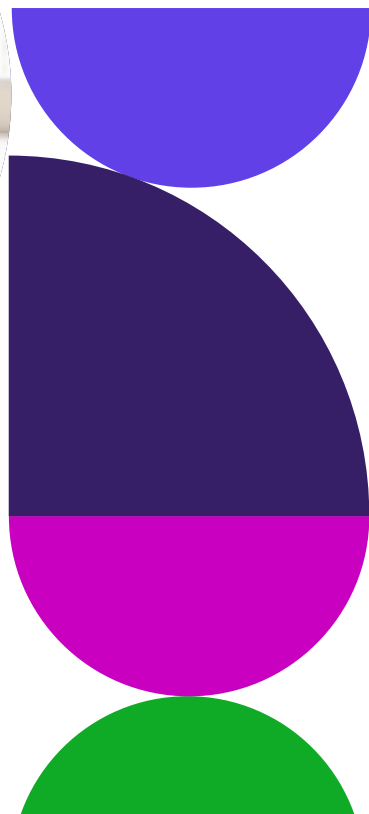
Midweek Motivation:

This email is meant to be sent on a Wednesday

Subject Line: "Uplift" Challenge – Midweek Motivation

Good morning! Just a friendly reminder to continue to submit your confirmation each day to earn your team points. Please include the time spent and the name of the app or podcast used (where applicable).

Insight of the Day: In reading about the aims of mindfulness, some of you may have noticed similarities to another popular hobby - yoga. While often viewed as a physical activity in North America, yoga was originally developed as a holistic technique to integrate mind, body, and soul. Its focus on breathing and on bringing attention to the body promote mindfulness. **Studies** show that, similar to mindfulness, practising yoga can improve mood, decrease anxiety, and enhance memory. It also has the added benefit of improving physical health and sleep quality. If you are new to yoga, or even if you are an expert, you can visit the Health Library within the Health & Wellness Centre to access one of several short, guided yoga practices designed to decrease stress through relaxation.





Workweek Wrap-Up:

This email is meant to be sent on a Friday

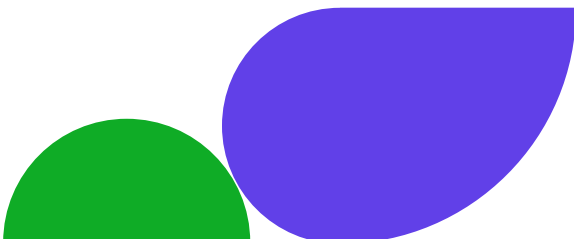
Subject Line: "Uplift" Challenge – Week 1 Wrap-Up

Hello, and thanks for your efforts this week! Remember to keep completing your daily meditation over the weekend. You will have until **Monday at noon** to submit confirmation for Friday-Sunday. Keep an eye out Monday for information on next week's challenge and to see the results from this week.

Did you know?

When it comes to positivity, 'fake it 'til you make it' can be an effective approach. Often when our lives are busy and hectic, it is easy to focus on the negative - what went wrong, your seemingly never-ending to-do list, or how we wish we could be better. While these concerns are real, studies show that making a conscious effort to reflect on what is going well in your life can have a [host of benefits](#). Practising gratitude is about expressing appreciation for the good things in life, whether they are big or small. Maybe the rain held off until you got home or you just barely made it to the bus on the way to work.

Studies show that practising gratitude can [improve sleep quality](#), [enhance mood](#), [decrease perceived stress](#), and [change the underlying thinking patterns](#) that characterize anxiety and depression. Keep an eye out on Monday for directions on next week's task, which will involve a common form of practising gratitude - a daily gratitude journal. Try it out, you'll thank us for it!





WEEK 2

Monday Mission:

This email is meant to be sent on a Monday

Subject line: "Uplift" Challenge – Week 2 Mission!

Happy Monday!

Welcome to week 2 of the **"Uplift" Mental Wellness Team Challenge**. This week we are going to continue with our daily meditation while also shifting focus to a widely recognized aspect of positive mental health - gratitude. Hopefully you read a bit about the benefits of practising gratitude in last week's fun facts. This week, we are going to put this into action, through the use of a gratitude journal. Despite its name, gratitude journaling does not require a fancy book. It can be as simple as scribbling a point form list on a piece of scrap paper. The important part is the act of writing.

According to a [2021 study](#) out of the University of Tokyo, information written out by hand stimulates greater brain activity and works its way into memory more easily. Thus, by writing out positive thoughts you can help incorporate more positivity into your subconscious. This week, in addition to continuing to complete a daily mindfulness meditation, you will be asked to create a list each day of 5-10 things for which you are grateful. You should attempt to avoid writing the same general platitudes each day, and instead focus on unique, specific items. After completing your list, email me with confirmation of task completion along with **one** item from that day's list which you feel comfortable sharing.

Scoring: Participants will continue to receive one point for each day they complete at least 10 minutes of meditation and report the number of minutes along with the app used to the challenge facilitator. Additionally, one point will be awarded for each participant who reports completing their daily gratitude list and submits one item from the list. On days where every member of the team scores at least **one** point (i.e. completes at least one of the two tasks), the team score for that day will be doubled.



Midweek Motivation:

This email is meant to be sent on a Wednesday

Subject Line: "Uplift" Challenge – Week 2 Motivation

Hello and happy Wednesday! I hope you are all seeing some positive effects on your mood as a result of this week's gratitude journaling. Please remember to keep submitting your daily tasks by **noon** the following workday to earn points for your team. You should include the minutes of meditation and the app used, confirm completion of a gratitude list and provide one item from that list. Thank you, and have a good week!

Insight of the Day: As you complete your gratitude journals this week, know that gratitude is not a replacement for hurt or pain. You can feel sadness and anger but also appreciation at the same time. Indeed, this is the normal state for most people! Life is rarely all good or all bad. Practising gratitude just means that amid the chaos, you actively notice and acknowledge the good things that are happening.





Workweek Wrap-Up:

This email is meant to be sent on a Friday

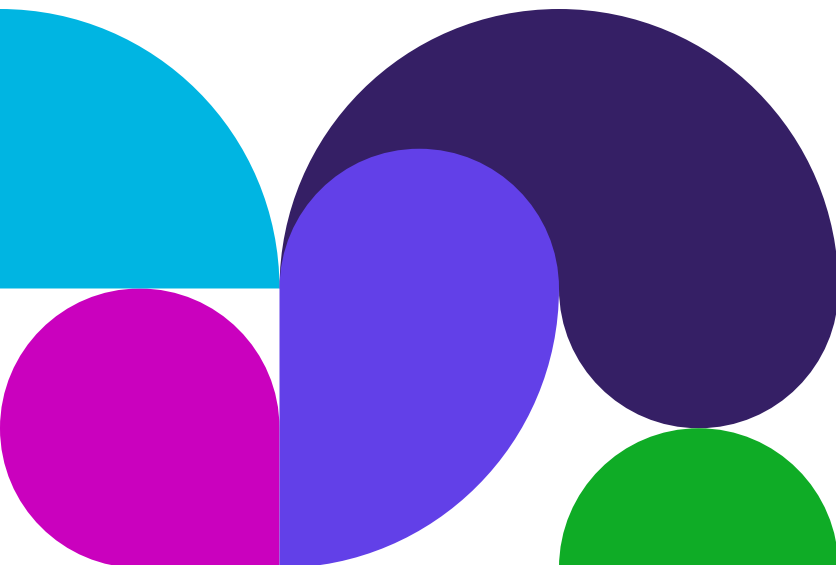
Subject Line: "Uplift" Challenge – Week 2 Wrap-Up

Happy Friday! Hopefully you have found lots of things to be grateful for over this past week. I know I am grateful to all of you for joining me on this challenge. Remember to keep completing both your gratitude journal and your daily meditation over the weekend. You will have until **Monday at noon** to submit confirmation for Friday-Sunday. Keep an eye out Monday for information on next week's challenge and to see the updated leaderboard.

Did you know?

Gratitude can not only benefit your own personal wellbeing, but also act to strengthen relationships. The desire to give and receive thanks has long been known to have an evolutionary basis. Until recently, it was thought that the primary goal of this desire was to inspire a sense of reciprocity, the hope that recipients would later feel compelled to return the kindness.

More recently, however, [research](#) has indicated that expressing gratitude can strengthen relationships in another way. True gratitude is about more than a sense of indebtedness. Gratitude is a positive emotion based on feeling understood and that others have responded to your needs. By expressing gratitude, it can set up a cycle of positive behaviour that enhances relationships. In the workplace, expressing gratitude can improve morale and motivation, increase job satisfaction, and decrease stress. So why not put your gratitude to work by expressing it to others?





WEEK 3

Monday Mission:

This email is meant to be sent on a Monday

Subject line: "Uplift" Challenge – Week 3 Mission!

Happy Monday!

Today marks the beginning of week 3 of the **"Uplift"** challenge. This week we are going to continue with our daily meditation and gratitude journals, while adding an extra twist. In addition to sharing one thing you are grateful for, you will be expressing gratitude to one of your teammates. Friday's email discussed the many benefits of gratitude in strengthening relationships both personally and professionally. Yet, 60% of people admitted to expressing gratitude at work less than once a year. This is despite the fact that both expressing and receiving gratitude are associated with positive mental health benefits.

Beginning this week, each team will have access to a "digital whiteboard" where you can read what others have said and post your own statement of gratitude. Please remember to keep this in the spirit of the challenge and be sincere in your gratitude. Please find the team's digital whiteboard here ([post link](#)).

*** Note for Challenge Lead: This could be done using any whiteboard program or simply be a messaging channel set up just for the challenge, an email thread, or even a physical space in the office dedicated to the challenge participants.*

Scoring: Participants should email me by noon the following workday to indicate the tasks completed. For daily meditation, please include the minutes and the app used. For the gratitude journal, please include one statement of gratitude (you may choose to use the same item as posted on the whiteboard), and confirm if you have posted on your team's digital whiteboard. Participants will continue to receive one point for each day they complete at least 10 minutes of meditation and one point for completing each day's gratitude list. An additional point will be added for posting a statement of appreciation on the team's digital whiteboard, for a total of 3 possible points daily. On days where every member of the team completes at least **two** tasks, the daily points for the team will be doubled.



Midweek Motivation:

This email is meant to be sent on a Wednesday

Subject Line: "Uplift" Challenge – Week 3 Motivation

Good morning everyone, I hope you have all enjoyed reading the gratitude statements on the digital whiteboard. As the week continues, try to spread your gratitude around, finding new people and things to be grateful for in the workplace each day. Also remember to keep submitting your daily tasks by noon the following workday to earn points for your team. You should include the number of minutes of meditation, the app used, confirm that a gratitude list was completed by including one item from that list, and state if you posted on the team's digital whiteboard.

Thank you, and have a good week!

Insight of the Day: Why not try practising gratitude as a family. One popular technique is called "roses and thorns". Each evening everyone takes turns sharing some of the negative things that happened to them ("thorns") and then following that up by listing some of the things that went right that day ("roses"). Just remember to have more roses than thorns to keep the focus on the positive.





Workweek Wrap-Up:

This email is meant to be sent on a Friday

Subject Line: "Uplift" Challenge – Week 3 Wrap-Up

Happy Friday everyone! I am sure you are all very thankful that it is nearly the weekend. We are now entering the home stretch of our **"Uplift" Mental Wellness Challenge**. I hope you have found many things in the workplace for which to be appreciative, and that expressing and receiving these statements of gratitude have created a positive atmosphere amongst your team. Remember to keep completing your gratitude journal, your daily meditation, and updating the team digital whiteboard over the weekend. Alternatively, you may choose to post items on the digital whiteboard upon returning to work Monday. In this case, it is still recommended that you note the points when completing your written gratitude journal. You have until Monday at noon to submit confirmation for Friday-Sunday's challenges. Keep an eye out Monday for information on next week's challenge and to see the results from this week.

Did you know?

Creative expression has been scientifically proven to have a positive impact on mental health. Defined as a process by which an individual or group generates something original, [research](#) has shown that creativity can serve as an outlet for emotional expression and provide a feeling of social connectedness. Its benefits on mental health are so extensive that clinical programs in music and art therapy are on the rise around North America. These approaches can be used to treat a host of conditions including physical limitations, mental health disorders, grief, and even Alzheimer's disease.

Creativity can take many forms and need not be elaborate or complex. One [study](#) found that as little as 30 minutes of colouring 5 days a week was enough to generate a decrease in both depression and anxiety. In some cases, colouring was even more effective than conventional therapeutic approaches. So next time you are stressed, why not get creative with your mental health and see if you can produce some positivity.



WEEK 4

Monday Mission:

This email is meant to be sent on a Monday

Subject line: "Uplift" Challenge – Week 4 Mission!

Happy Monday and welcome to the final week of the "Uplift" challenge. As you may have guessed, this week we are going to add a creative element to our tasks. In addition to the daily meditation, gratitude journal, and completing the team appreciation whiteboard, you will be tasked with taking part in a creative activity of your choosing. Unlike the other tasks, however, this challenge will be scored at the end of the week rather than daily.

You may choose any form of creative expression you like, including creative writing, visual arts, music, or theatre. If you already take part in a creative activity, why not try something new? The only restriction is that you must produce something that is NOT intended for work. As the week progresses, track the number of minutes you spend creating and submit the total with your final daily tasks by next Monday at noon. Let me know what activity you tried, and, if you are comfortable, share what you created. We'd love to see it!

Scoring: As with last week, participants should email by noon the following workday to indicate the daily tasks completed. You will be awarded one point each for:

1. Daily meditation of at least 10 minutes - include number of minutes and app used
2. Daily gratitude journal - confirm completion and include one item
3. Digital team appreciation whiteboard - confirm you have posted
4. Points are doubled if everyone completes at least **two** tasks

Additionally, at the end of the week, please submit the total time spent on creative pursuits. One point will be awarded for every 30 minutes, to a maximum of 20 points (10 hours) per person.

This is your final week to earn points for your team in the Uplift Team Challenge! Give it your best efforts and create something beautiful.



Midweek Motivation:

This email is meant to be sent on a Wednesday

Subject Line: "Uplift" Challenge – Week 4 Motivation

Happy Wednesday and welcome to your final midweek motivation of the challenge.

I trust you have all been busily drawing, composing, or colouring your way to a happier you. I look forward to hearing about your creations. Remember to keep submitting your daily tasks by noon the following workday to earn points for your team, and to keep tracking your creative minutes. The challenge will end Monday at noon, so be sure to get your points while you can.

Thank you, and have a good week!

Insight of the Day: Did you know that kindness is good for mental health? When we do something nice for someone else, even if they don't know about it, our brains release dopamine, serotonin, oxytocin, and endorphins - known as the happy hormones. The next time you are feeling sad or stressed, try participating in a random act of kindness!





Workweek Wrap-Up:

This email is meant to be sent on a Friday

Subject Line: "Uplift" Challenge – Week 4 Wrap-Up

Happy Friday and congratulations on making it to the end of the Uplift Mental Health Team Challenge. Please remember to continue recording your progress, and to report all completed tasks by **Monday at noon** to receive your points. This should include the total number of minutes spent on creative pursuits. The challenge will finish Sunday night, and the winners will be announced after the final points are tallied.

Over the course of the past four weeks, we have introduced you to a number of different techniques designed to improve positivity, decrease stress, and promote mental resilience. There is no one size fits all approach to mental wellness, and some of these tasks may not have felt beneficial to you. The hope is that you have found at least one strategy that you would like to continue incorporating into your routine. Regardless of what you choose, we hope that you will take from this challenge the knowledge that mental health is an integral part of overall well being, and that you should take active steps to promote and protect it just as you would your physical health. Thank you all for participating and keep an eye out for the final leaderboard!

Did you know?

Happiness is contagious! Most people are familiar with the expression "misery loves company", but it turns out the opposite may be even more true. A [study](#) of nearly 5000 individuals over 20 years found that those people who interacted regularly with happy people were more likely to become happy themselves. This process occurs through something called [emotional contagion](#), the tendency of humans to take on the emotional states of those around them, even if they don't realize it is happening. So, by taking the time to prioritize your own mental wellbeing and introduce a feeling of positivity in your own life, you will be contributing to the happiness of those around you as well!

Example Tracking Charts and Leaderboard

The following pages contain printable tracking sheets that can be used for each week of the challenge, along with a leaderboard that can be used to tally scores over multiple weeks. The tracking sheets for each week contain charts to accommodate 2 teams of up to 10 members each. Depending on the number of teams/participants, you may need to print multiple copies of each. Alternatively, you can use the fillable spreadsheet that will automatically tally the team scores.

Please note that not all participants may wish to share their points or experiences, and that is completely acceptable. This challenge is intended to be an enjoyable and voluntary experience, allowing everyone to engage in a manner that aligns with their preferences. Participants who prefer not to share their points can still fully contribute to and belong to a winning team. However, please note that they will not appear on the leaderboard or be eligible for individual recognition based on points. This ensures everyone can participate in a way that feels comfortable while supporting their team's overall success.

LEADERBOARD

[illegible]

WEEK 1 TEAM TRACKING SHEET

Team Name:

Points Award 1 point each for completing >10 min of meditation (MM), daily Gratitude Journal (GJ), and/or posting on team digital whiteboard (DW); Double points if all members score at least 2 pts that day.

	Team Member								Team Total
Monday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Tuesday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Wednesday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Thursday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Friday	MM								
	GJ								
	DW								
	Pts								
	Bonus								

WEEK 2 TEAM TRACKING SHEET

Team Name:

Points Award 1 point each for completing >10 min of meditation (MM), daily Gratitude Journal (GJ), and/or posting on team digital whiteboard (DW); Double points if all members score at least 2 pts that day.

	Team Member								Team Total
Monday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Tuesday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Wednesday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Thursday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Friday	MM								
	GJ								
	DW								
	Pts								
	Bonus								

WEEK 3 TEAM TRACKING SHEET

Team Name:

Points Award 1 point each for completing >10 min of meditation (MM), daily Gratitude Journal (GJ), and/or posting on team digital whiteboard (DW); Double points if all members score at least 2 pts that day.

	Team Member								Team Total
Monday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Tuesday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Wednesday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Thursday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Friday	MM								
	GJ								
	DW								
	Pts								
	Bonus								

WEEK 4 TEAM TRACKING SHEET

Team Name:

Points Award 1 point each for completing >10 min of meditation (MM), daily Gratitude Journal (GJ), and/or posting on team digital whiteboard (DW); Double points if all members score at least 2 pts that day.

	Team Member								Team Total
Monday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Tuesday	MM								
	GJ								
	DW								
	Pts								
	Bonus								
Wednesday	MM								
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Thursday	MM								
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	Pts								
	Bonus								
Friday	MM								
	GJ								
	DW								
	Pts								
	Bonus								

FINAL NOTE

Thank you for leading this challenge and for committing to making a positive impact. Challenges are not just about achieving goals—they're about growth, learning, and building connections. Your dedication makes all the difference!

As you wrap up this challenge:

- Reflect on what you've accomplished and the lessons you've learned as a Challenge Lead.
- Celebrate the progress you've made, no matter how big or small.
- If you decided to also participate in the Challenge, think about how you can carry the habits, teamwork, and positive energy from this challenge into your daily life.

Be proud of everything you've achieved, and we hope this experience inspires you to keep challenging yourself and others to grow and thrive.

Thank you for being part of this journey!



