

31 DAY WORK FROM HOME CHALLENGE

Employee Name: _____

Each week get a minimum of 10 points and be entered into a weekly drawing of \$15 in Motivosity!

- Each section has different point values.
- Each activity can only be completed once per day unless otherwise noted.
- Workouts/walks need to be at least 2 miles or 20 minutes long.
- **If you complete all 5 weeks you will be entered in a prize drawing!**

1 Point Each

Workout before 6a.m	
Take the dog for a walk/play with the cat	
Flip a coin workout – See Page 2	
Eat a healthy Breakfast, lunch and dinner. (1pt for each)	
Call a friend/family member to check in (1pt per call - up to 5 pts per week)	
Read – 15 minutes of personal reading	
Stretch for 10 minutes – 1pt per day	
Get 7-9 hours of sleep	
Complete a stress - relieving activity	

2 Points Each

Write down three health goals and post them somewhere visible	
One minute plank for seven straight days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
FaceTime or Skype with a friend or family member	
Write a letter to a friend or family member (2pts per letter – Max 10pts per week)	
Weather permitting – go for a bike ride	
Stretch for 10 minutes for five different days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Make a Healthy Smoothie	
Make a Healthy Recipe	
Walk or run 3 miles in one day	
Read a health/wellness magazine from cover to cover	

3 Points Each

Establish a work from home routine – write it down – Be consistent!	
20 push-ups for seven straight days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Set Boundaries while working from home	
Have a family game night	
Wake up an extra hour in the morning to focus on yourself (exercise, meditate, read, pack healthy lunches, etc)	
Stair workout – See Page 2	
Drink eight cups of water throughout the day for 10 different days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Unplug from technology. Spend one week night without turning on technology (TV, phone, computer, tablet, etc)	
Complete a workout of your choice for 30 Minutes	
Run or walk four miles in one day	

4 Points Each

Designate a work from home space with a sit and stand desk option - separate work from home.	
De-clutter your house – Grab a box and fill it with items to donate	
Run or walk 5 miles in one day	
Pick one room in your house to clean from floor to ceiling	
Complete a 45 minute work out of your choice five different days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Week 1 TOTAL	Week 2 TOTAL	Week 3 TOTAL	Week 4 TOTAL	Week 5 TOTAL	Monthly TOTAL

Please submit your weekly scores to : _____

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Example Workouts!

COIN FLIP WORKOUT

1: Flip the coin 2: Do the movement
3: Sweat 4: Feel accomplished

HEADS

Round 1: 15 jumping squats
Round 2: :90 jog in place
Round 3: 10 push ups
Round 4: 20 jumping jacks
Round 5: 40 high knees
Round 6: 35 crunches
Round 7: 10 pushups
Round 8: :90 jog in place
Round 9: 25 air squats
Round 10: 20 lunge steps

TAILS

40 jumping jacks
15 pushups
25 air squats
15 lunge steps
25 situps
10 pushups
10 burpees
25 jumping jacks
:90 jog in place
25 calf raises

SPELL YOUR NAME

AND DO THE WORKOUT!

A: 15 PUSHUPS	N: 10 PUSHUPS
B: 50 JUMPING JACKS	O: 20 LUNGES (TOTAL)
C: 20 CRUNCHES	P: 10 TRICEP DIPS
D: 10 BURPEES	Q: 20 JUMPING JACKS
E: 60-SECOND WALL SIT	R: 60-SECOND PLANK
F: 20 ARM CIRCLES	S: 30 BICYCLE CRUNCHES
G: 20 SQUATS	T: 60-SECOND WALL SIT
H: 30 JUMPING JACKS	U: 40 HIGH KNEES
I: 60-SECOND PLANK	V: 30 SQUATS
J: 20 MOUNTAIN CLIMBERS	W: 15 TRICEP DIPS
K: 40 CRUNCHES	X: 10 MOUNTAIN CLIMBERS
L: 12 BURPEES	Y: 12 JUMPING LUNGES
M: 15 JUMP SQUATS	Z: 30 CRUNCHES

Stairs Workout

Repeat 5 times | up to 2min rest between sets
Walk up the stairs 3 times before every circuit
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