

Unplug to Recharge

20-Day Mental Well Being Challenge

Quarter 2: April - June



In today's world, technology can be very distracting. It can cause accidents, decrease social interactions and prevent us from being present in the moment. This challenge will help you focus on reconnecting with the world around you!

Directions:

When it is right for you, take our **20-Day Mental Well Being Challenge** to unplug and recharge. Complete this Challenge before Quarter's end for 25 Love Your Life points. Log your daily acquired points in the table below. Once completed, log this activity at the Action Plan under Mental Well Being Challenge at myinteractivehealth.com.

Points:

- Turn off your cell phone at meals (10 points per day)
- Don't use your phone while driving (10 points per day)
- Limit after work screen time to less than 1 hour (10 points per day)
- Limit social media to less than 30 min per day (10 points per day)
- Quality time with friends/family (50 points, 3 times during challenge)
- Volunteering (50 points, once during challenge)

Earn at least 750 points out of a possible 1,040 to complete challenge

Day 1	Day 2	Day 3	Day 4	Day 5
Total points	Total points	Total points	Total points	Total points

Day 6	Day 7	Day 8	Day 9	Day 10
Total points	Total points	Total points	Total points	Total points

Day 11	Day 12	Day 13	Day 14	Day 15
Total points	Total points	Total points	Total points	Total points

Day 16	Day 17	Day 18	Day 19	Day 20
Total points	Total points	Total points	Total points	Total points

Volunteerism
Once per Challenge (mark when complete)
_____ 50 points

Quality Time
3 times per Challenge (mark when complete)
_____ 50 points
_____ 50 points
_____ 50 points

Total Points
