

Be the Brand Challenge 2019

HOW TO EARN POINTS

1. COMPLETE DAILY CHALLENGES

CHALLENGE	DETAILS	POINTS ALLOCATED
Eat 5 serves of non-starchy vegetables	Eat 5 serves of vegetables each day. 1 serve = ½ cup cooked or 1 cup raw/salad vegetables	1 point for every day achieved
Eat 2 serves of fruit	Eat 2 serves of fruit each day. 1 serve = 1 medium piece	1 point for every day achieved
Drink 2 litres of fluid	Drink 2L of fluid per day. Fluid can include water, herbal tea, soda/sparkling water	1 point for every day achieved
Alcohol or Caffeine Free Day	Choose to avoid alcohol or caffeine intake. Caffeine includes, coffee, black tea, cola and energy drinks.	1 point for every day achieved
30 minutes planned activity	This can be any activity done at a moderate pace, for example walking, cycling, gym class, and can be made up of cardio and/or resistance activities	1 point for every day achieved
Break up sitting time/increase natural activity	Examples: Get up in ad breaks while watching TV, get off your bus or tram one stop earlier, walk to a colleagues desk instead of emailing or calling	1 point for every day that this was done at least once in the day.
Replace screen time with another activity	Screen time includes: <ul style="list-style-type: none"> • TV • iPad or other tablet • Smartphone Purposefully replace time spent on the above with another activity such as reading a book, being active, engaging with friends and family.	1 point for every day this one done at least once in the day.
Positive daily mantra	Say a positive mantra each day (feel free to share these on the Facebook page!) Examples: "I can and I will" "I am enough" "I can do anything, but not everything" "I am in charge of how I feel and today I am choosing happiness"	1 point for every day a mantra is said
Self Care Activity	Do a self care activity each day. For example, a meditation session, take time out to read a book, have a relaxing bath. Try to do something different each day. Use the <i>Self Care Assessment</i> from Jenny's <i>Self Care Project</i> for some inspiration. L:Be The BrandSelf Care	1 point for every day you do a self care activity
Sleep for 7-10 hours	Go to bed a little earlier to get in 7-10 hours of sleep each night.	1 point for every night you get in 7-10 hours sleep

2. COMPLETE THE BONUS TASKS AND TEAM ACTIVITIES

TASK OR ACTIVITY	DETAILS	POINTS ALLOCATED
Complete the 'Before' Wellness Survey	Complete the 'Before' Wellness survey by 9am Monday 1 st July. https://jennycraig.typeform.com/to/l1JTDL	1 point for completing the survey
Complete the 'After' Wellness Survey	Complete the 'After' Wellness survey by 12pm Tuesday 9 th July. https://jennycraig.typeform.com/to/qemce7	1 point for completing the survey
Recruit a family member or friend to participate in the Winter Wellness Challenge	Recruit a friend, family member to do the Winter Wellness Challenge. *Please note friends and family are not eligible to participate in the employee Be the Brand Challenge and therefore ineligible for any Be the Brand prizes.	1 point if at least 1 friend or family member does the Winter Wellness Challenge
Submit a creative recipe	Create a Free Food recipe and send it to nutritionau@jennycraig.com.au . Don't forget to include some pictures! All recipes <i>must be submitted by 9am Monday 8th July</i> . As well as earning a bonus point, the Nutrition team will pick 3 recipes that will feature in eBooks in 2019/2020.	1 point for submitting a recipe
BONUS ACTIVITIES: These can be completed on any day of the challenge		
Share a healthy meal	<u>In centre</u> : Plan to share a healthy meal as a team. This can be a breakfast, lunch, morning or afternoon tea and everyone brings a plate to share. <u>At home/away</u> : Plan to share a healthy meal with at least one other friend or family member.	1 point for attending <i>and</i> bringing a plate to share
Phone challenge	After each phone call for the day, stand up and do a quick stretch.	1 point for standing and stretching after each phone call for the day
Group relaxation activity	<u>In centre</u> : Participate in a group relaxation activity. This could be a meditation session, yoga or other mindful activity. <u>At home/away</u> : Choose a family member or friend to do a relaxation activity with.	1 point for participating in a group relaxation activity
Group physical activity	Choose an activity to do with at least one co-worker, friend or family member. This could be a walk, trying a class at the gym or a fun activity such as ice skating or rock climbing.	1 point for doing an activity with at least one co-worker, family member or friend.
Appreciation day	Give at least one person a compliment or kind word – this can be a co-worker, family member, friend or even one of your members.	1 point for giving at least one compliment/kind word
10,000 steps	Choose one day to achieve 10,000 steps. Track your steps using a pedometer, smart watch, smart phone.	1 point for achieving 10,000 steps on one day of the challenge
Facebook quiz	On Monday, Wednesday and Friday of the challenge, a question will be posted on the Jenny Craig Oceania employee Facebook group. Follow the instructions on the post to submit your answer and one winner from each day will be drawn from those who answered correctly.	\$50 gift voucher for each winner (3 winners) No bonus points allocated