



# The 2021 DBS 30:30 Challenge



Wellbeing<sup>4</sup>business Ltd.  
Leading the business of wellbeing

## 30:30 CHALLENGE WEEK 1

### THE CHALLENGE:

COMPLETE 30 MINUTES OF EXERCISE EVERY DAY FOR  
30 CONSECUTIVE DAYS

# CHALLENGE STATISTICS

**33 PEOPLE**  
REGISTERED FOR THE CHALLENGE

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**10,262 MINUTES**  
OF PHYSICAL ACTIVITY COMPLETED

THE EQUIVALENT TO 342 EPISODES OF  
CORONATION STREET OR 11 FOOTBALL  
GAMES

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A DAILY AVERAGE OF  
**52 MINUTES**  
PER PERSON

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THE AVERAGE MOOD RATING  
**OKAY**

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# WEEK 1

## STAR PERFORMERS - RECORDED 30+ MINUTES OF PHYSICAL ACTIVITY EVERYDAY

- TREV
- MATT
- LINDA
- GILLIAN
- ELLIOT CLARKE
- LAURA WELCH
- HAYLEY BILLINGHAM
- KERRY HAMMOND
- GEMMA LITTLEWOOD
- RACHEAL LANGFORD
- JULIE HADEN
- ANDREA O'FARRELL
- TOMVASILJEVIC
- EMMA PHILLIPS
- GEMMA CASH

## TOP 5 INDIVIDUALS BASED ON TOTAL MINUTES

1. RACHEAL LANGFORD
2. HAYLEY BILLINGHAM
3. ELLIOT CLARKE
4. GILLIAN
5. ANDREA O'FARRELL

## MOOD RATINGS

- VERY HAPPY: 0%
- HAPPY: 40%
- OKAY: 46%
- NOT SO GOOD: 14%
- REALLY UNHAPPY: 0%

## HIGHEST RECORDED MINUTES IN ONE ACTIVITY

RACHEAL LANGFORD

