



The 2021 DBS 30:30 Challenge



Wellbeing⁴business Ltd.
Leading the business of wellbeing

30:30 CHALLENGE WEEK 3

THE CHALLENGE:

COMPLETE 30 MINUTES OF EXERCISE EVERY DAY FOR
30 CONSECUTIVE DAYS

CHALLENGE STATISTICS

9,132 MINUTES

OF PHYSICAL ACTIVITY COMPLETED

IN THIS TIME THE EARTH HAS COMPLETED
6 FULL ROTATIONS.

A DAILY AVERAGE OF

50 MINUTES

PER PERSON

THE AVERAGE MOOD RATING

OKAY



WEEK 3

STAR PERFORMERS - RECORDED 30+ MINUTES OF PHYSICAL ACTIVITY EVERYDAY

- HAYLEY BILLINGHAM
- RACHEAL LANGFORD
- GILLIAN
- ELLIOT CLARKE
- ANDREA O'FARRELL
- KERRYNN HAMMOND
- LINDA BEDALL
- LAURA WELCH
- TOM VASILJEVIC
- SAMANTHA WARD
- TRACEY ROMNEY
- JULIE HADEN
- GEMMA CASH

TOP 5 INDIVIDUALS BASED ON TOTAL MINUTES

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

MOOD RATINGS

- VERY HAPPY: 0%
- HAPPY: 26%
- OKAY: 63%
- NOT SO GOOD: 11%
- REALLY UNHAPPY: 0%

HIGHEST RECORDED MINUTES IN ONE ACTIVITY

HAYLEY BILLINGHAM

