



BOOST ENERGY CHALLENGE

Enginuity[®]

Wellbeing **4** business Ltd.
Leading the business of wellbeing

WEEK 1

THE CHALLENGE:

COMPLETE 5 ENERGY-BOOSTING HABITS EVERY DAY TO SCORE BOOST POINTS. COLLECT AS MANY POINTS AS POSSIBLE.

CHALLENGE STATISTICS

23 PEOPLE
REGISTERED FOR THE CHALLENGE

420 BOOST POINTS
RECORDED

A DAILY AVERAGE OF
3 BOOST POINTS
PER PERSON

THE AVERAGE MOOD RATING
HAPPY



WEEK 1

TOP 5 INDIVIDUALS BASED ON TOTAL BOOST POINTS

1. JOANNE ICETON
2. CAROL HERMES
3. HELENA VAUGHAN-SMITH
4. LYNSEY THWAITES
5. MICHEAL COGGINS

TOP TEAMS BASED ON TOTAL BOOST POINTS

1. CX TEAM - 108 POINTS
2. ALISON'S WALKING DEAD - 73 POINTS
3. BOB'S WALKING DEAD - 60 POINTS

PHYSICAL ACTIVITY

TOTAL MINUTES: 6,066

DAILY AVERAGE PER PERSON: 41 MINUTES

SLEEP

TOTAL HOURS: 830

NIGHTLY AVERAGE PER PERSON: 6.2 HOURS

WATER SERVINGS

TOTAL SERVINGS: 633

DAILY AVERAGE PER PERSON: 5 SERVINGS

RELAXATION

TOTAL MINUTES: 6,678

DAILY AVERAGE PER PERSON: 56 MINUTES

MOOD RATINGS

- VERY HAPPY: 5%
- HAPPY: 46%
- OKAY: 39%
- NOT SO GOOD: 10%
- REALLY UNHAPPY: 0%

STAR PERFORMERS - RECORDED 5 POINTS EVERYDAY

- CAROL HERMES
- JOANNE ICETON