



The 2021 DBS 30:30 Challenge



Wellbeing⁴business Ltd.
Leading the business of wellbeing

30:30 CHALLENGE OVERALL RESULTS

THE CHALLENGE:

COMPLETE 30 MINUTES OF EXERCISE EVERY DAY FOR
30 CONSECUTIVE DAYS

CHALLENGE STATISTICS

44,957 MINUTES
OF PHYSICAL ACTIVITY COMPLETED

THE EQUIVALENT TO 31.2 DAYS OR 499
FOOTBALL MATCHES OR WATCH ALL 5
SEASONS OF BREAKING BAD 16 TIMES

A DAILY AVERAGE OF
45 MINUTES
PER PERSON

THE AVERAGE MOOD RATING
OKAY



OVERALL

STAR PERFORMERS - RECORDED 30+ MINUTES OF PHYSICAL ACTIVITY EVERYDAY

- HAYLEY BILLINGHAM
- RACHEAL LANGFORD
- GILLIAN
- ELLIOT CLARKE
- ANDREA O'FARRELL
- KERRYNN HAMMOND
- LINDA BEDALL
- TRACEY ROMNEY
- JULIE HADEN
- GEMMA CASH

TOP 5 INDIVIDUALS BASED ON TOTAL MINUTES

1. HAYLEY BILLINGHAM
2. RACHEAL LANGFORD
3. ELLIOT CLARKE
4. LAUREN SAMUEL
5. GILLIAN

MOOD RATINGS

- VERY HAPPY: 0%
- HAPPY: 32%
- OKAY: 56%
- NOT SO GOOD: 9%
- REALLY UNHAPPY: 0%

HIGHEST RECORDED MINUTES IN ONE ACTIVITY

RACHEAL LANGFORD

