



Enginuity®

Wellbeing4business Ltd.  
Leading the business of wellbeing

## OVERALL RESULTS

### THE CHALLENGE:

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



# CHALLENGE STATISTICS

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**1,201 BOOST  
POINTS**

RECORDED

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A DAILY AVERAGE OF

**2.5 BOOST POINTS**

PER PERSON

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THE AVERAGE MOOD RATING

**HAPPY**

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# OVERALL

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## TOP 5 INDIVIDUALS BASED ON TOTAL BOOST POINTS

1. CAROL HERMES
2. LYNSEY THWAITES
3. SAYYADA NAQVI
4. ALEX BUCKINGHAM
5. MICHEAL COGGINS

## TOP TEAMS BASED ON TOTAL BOOST POINTS

1. CX TEAM - 342 POINTS
2. ALISON'S WALKING DEAD - 226 POINTS
3. BOB'S WALKING DEAD - 224POINTS

## PHYSICAL ACTIVITY

**TOTAL MINUTES:** 20,039

**DAILY AVERAGE PER PERSON:** 32 MINUTES

**NHS RECOMMENDATION:** 30 MINUTES ON MOST DAYS PER WEEK

## SLEEP

**TOTAL HOURS:** 2,365 HOURS

**NIGHTLY AVERAGE PER PERSON:** 4.4 HOURS

**NHS RECOMMENDATION:** 6-9 HOURS PER NIGHT

## WATER SERVINGS

**TOTAL SERVINGS:** 1,559

**DAILY AVERAGE PER PERSON:** 3 SERVINGS

**NHS RECOMMENDATION:** 8-10 SERVINGS

## RELAXATION

**TOTAL MINUTES:** 22,974

**DAILY AVERAGE PER PERSON:** 48 MINUTES

## MOOD RATINGS

- VERY HAPPY: 7%
- HAPPY: 45%
- OKAY: 39%
- NOT SO GOOD: 8%
- REALLY UNHAPPY: 1%