



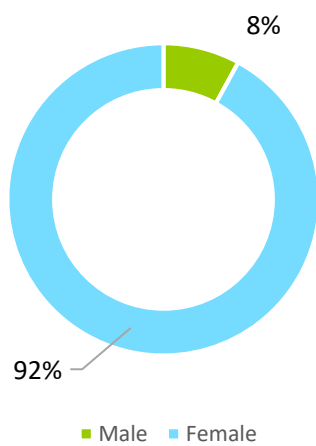
# Program Results

Logging: **October 23 - December 3, 2017**

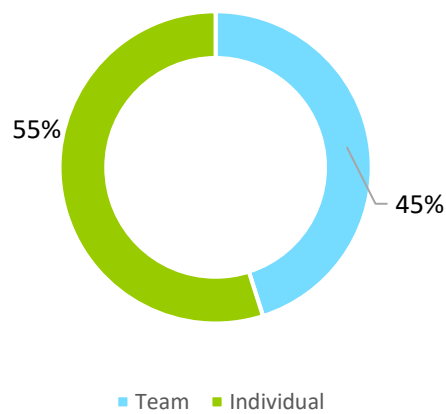
Total registered participants: **377**  
Total completed evaluations: **67**  
Evaluation completion percentage\*: **18%**  
Mobile app participants: **115**



Male/Female Ratio



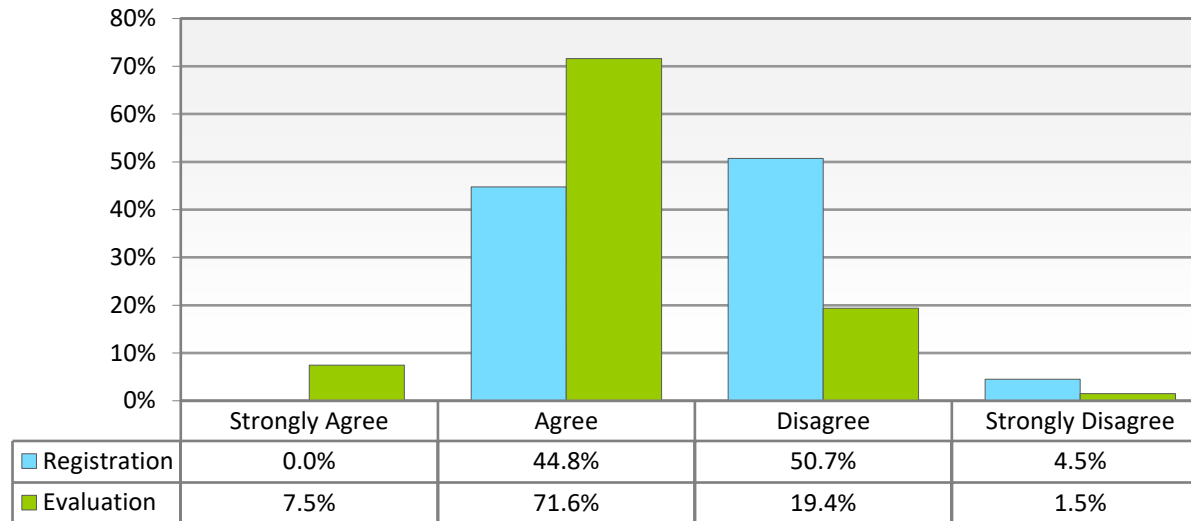
Team/Individual Participation



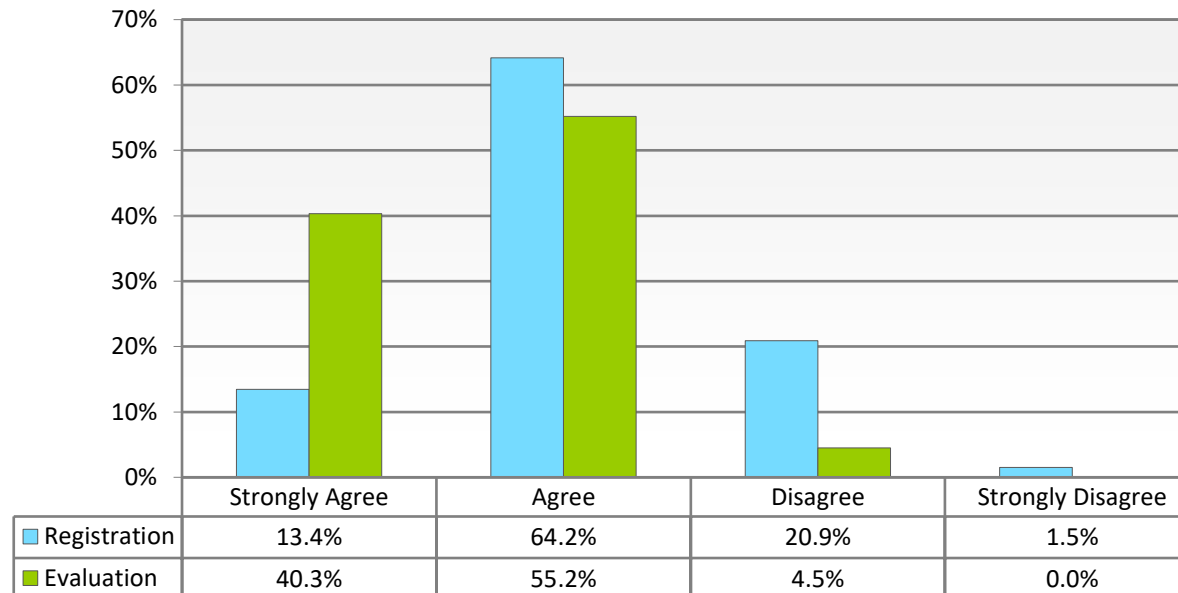
Top 5 Teams

<u>Team Name</u>	<u>Score</u>
FUN & PLAY (F&P)	1,461,128
STEM-Sleep Train Eat Move	1,447,675
HuskyHealth	1,325,033
We Need More Cowbell	1,297,330
Jackson Silvers	1,255,075

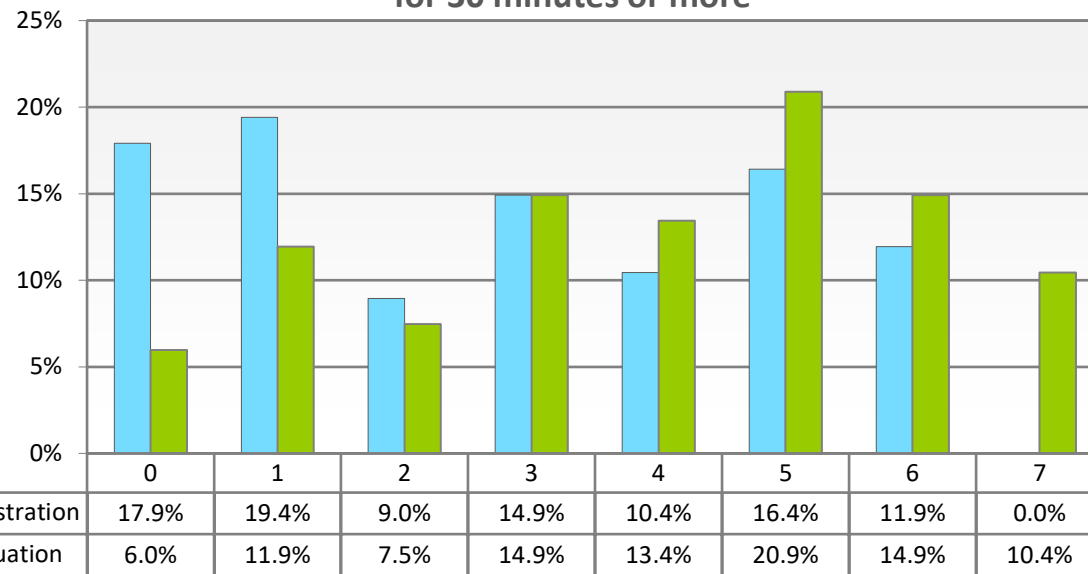
### You wake up feeling fully rested each day



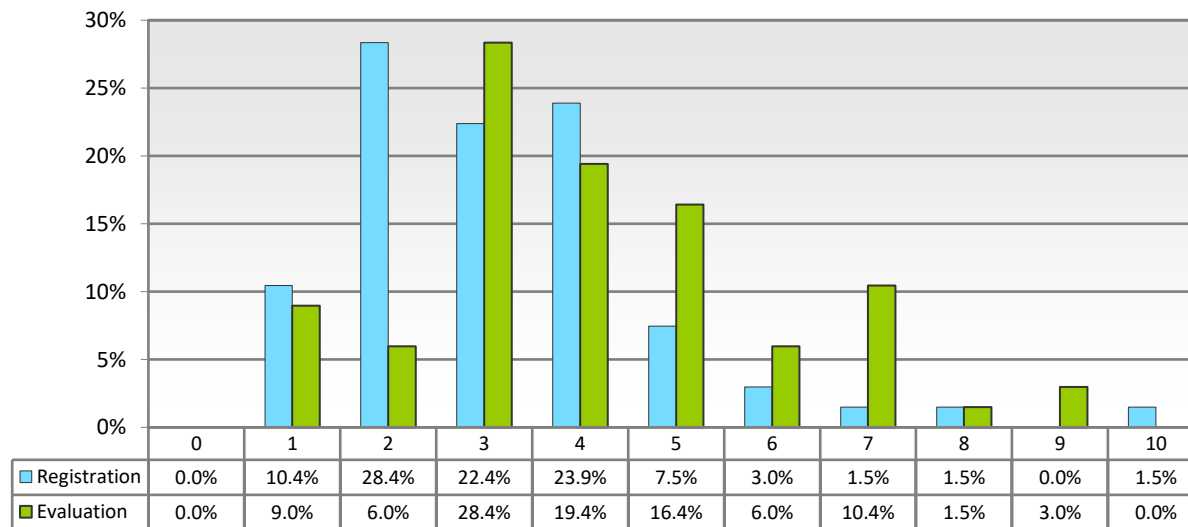
### Your daily actions are aligned with your values



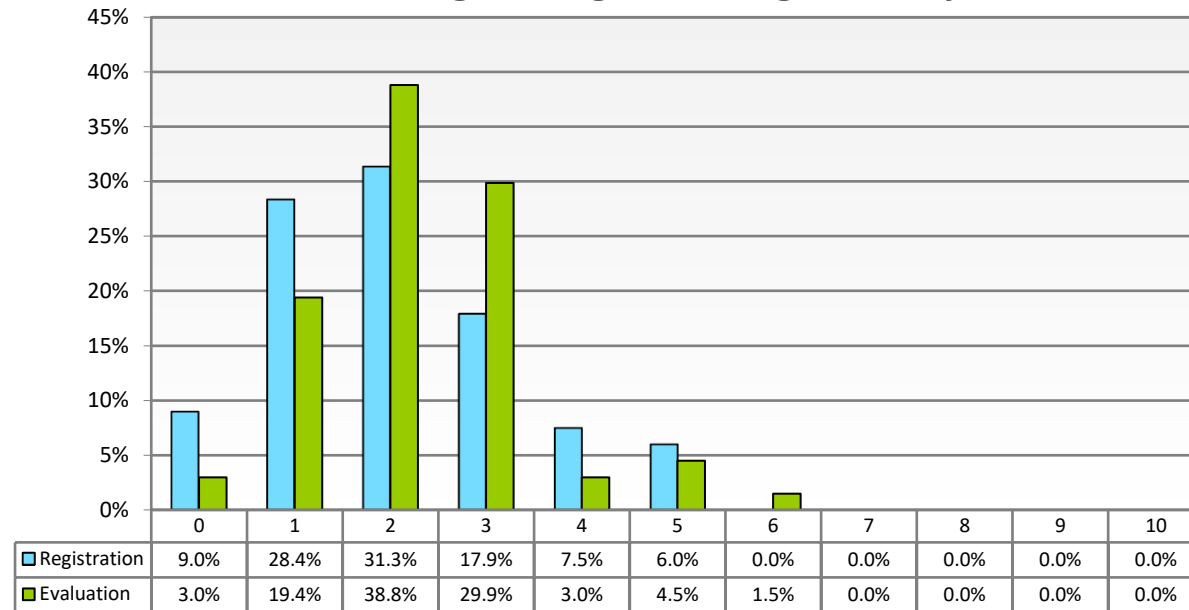
**Average number of days a week you exercise continuously  
for 30 minutes or more**



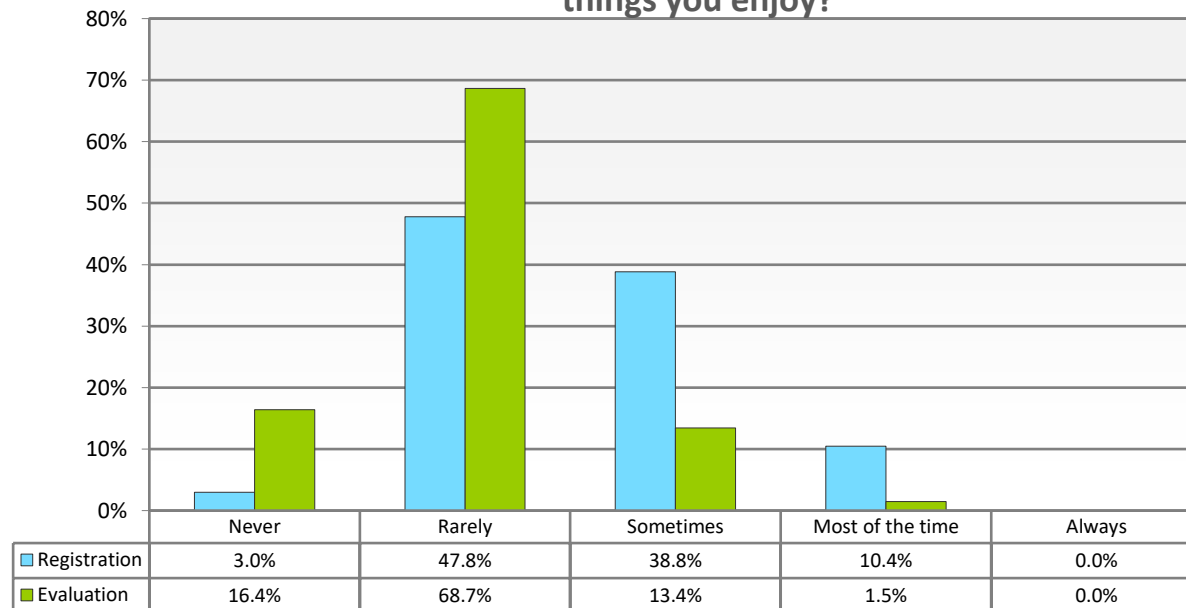
**Average servings of produce (vegetables and fruits) a day**



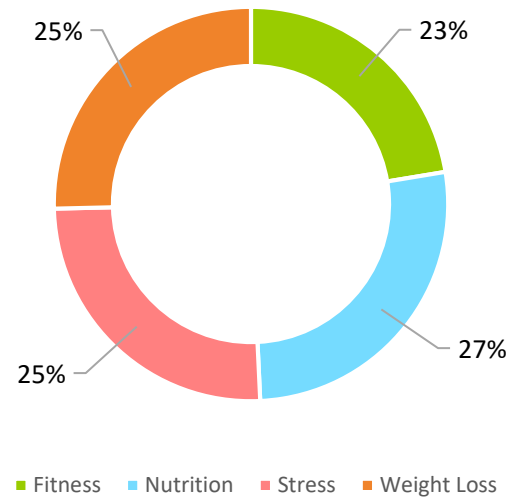
**Average servings of whole grains a day**



**In the last month, how often did you have enough energy to do the things you enjoy?**



### Future Challenge Topics



### What participants liked most:



"It brought my group closer together. It gave me a goal each day and it made me conscious about what I was eating, what type of exercise and activity I could do that day, encouraged me to break out and connect with more people, as well as consciously be grateful so many things in my life." It brought my group closer together.

"Paying attention to how my daily actions affect my wellness, and trying to change them to improve my health."

"That the focus was on not just on one health aspect, but that it focused on the things that build up and matter to a whole. It made me think about other healthy things to do for my body."

"Helped me learn a better balance in my life. take a moment to step back and plan get get organized and talk to my family when i get home for better connections. Helped reduce a lot of my stress."

### Success Stories:



"Being a team leader, I was highly motivated to keep going as I didn't want to let down my teammates. I enjoyed seeing my daily progress as I worked on self-care. The tips and the daily quiz were really fun!" *Traci Cotton*

"I started meditation for the first time because of this program." *Anonymous*