

Multi-Week Challenges

The following programs are pre-packaged multi-week challenges. These challenges provide directions, education, communication, and program tracking for challenges. These challenges cover a variety of topics. If you are interested in any of the challenges, please email Brandon McIntosh at mcintoshbra@pcsb.org with the name of the challenge and number of participants. *Please allow for 3 weeks to receive all materials.*

	NAME	DESCRIPTION
	Common Cents Financial 	4 week finance challenge. Finances can be one of the most stressful things people deal with. This challenge focuses on ways to tackle financial planning and help reduce stress that is associated with it.
	Thrifty & Thriving Financial 	2 week finance challenge. Changing small spending habits each day can really help your wallet. This two week challenge allows participants to see where they can cut spending and see how much it adds up in 2 weeks.
	Miles of Smiles Dental Health 	4 week dental health challenge. Participants will set goals to brush twice and floss once daily. The challenge will also provide “smile boosters” during the four weeks to boost effectiveness of their oral hygiene.
	YLW-TV Behavior Modification 	2 week behavior modification. Your life without TV (YLW-TV) will challenge you to turn off your tv for 2 weeks and focus on healthy living activities from physical fitness to improving relationships.
	Big Little Things Self-Care 	6 week self care challenge. The goal of this challenge is to raise awareness of the impact of self-care on overall wellbeing. Participants will perform a daily self-care check-in to assess their wellbeing and find balance with self-care.
	Unwrapped Nutrition 	4 week nutritional challenge. Participants focus on getting an appropriate amount of fruits and vegetables for good health and well-being.
	The Good Stuff: Nutrition Edition Nutrition 	8 week nutritional challenge. Using the My Plate eating guidelines, this challenge creates a video game feel and will inspire participants to challenge themselves to adopt healthy eating habits.
	Take Your Pick Fitness 	6 week fitness challenge. Add a jolt of excitement and adventure to your exercise routine. Challenge yourself with this fun and fast-paced program.
	Recess Fitness 	6 week fitness challenge. Remember when staying active was running around on the playground? Recess was fun and a great source of exercise. This challenge will take you back to those carefree, active days.
	Top of Mind Intellectual 	4 week intellectual challenge. Your mind is like any other muscle and it is important to train those muscles to keep them in shape. Keep your mind sharp by participating in activities to increase focus and awareness of intellectual wellness.
	Good Nights, Great Days Sleep 	4 week sleep challenge. Sleep is a key component of a healthy lifestyle. However sleep is often the first thing to get lost when life gets busy. This challenge focuses on healthy sleep habits and strategies to get the most out of your sleep hours.
	Show Me the Funny Humor 	3 week humor challenge. Laughter is the best medicine. Humor forces stress to take a backseat and help clear your mind. This challenge encourages participants to add regular humor to their daily lives.
	Red Light, Green Light Behavior Change 	6 week behavior change challenge. This challenges uses the fun childhood game to put the breaks on unhealthy red light activities and give green light to healthier habits.
	Be Kind to Others Challenge Kindness 	4 week challenge. Doing acts of kindness has been shown to positively impact ones well-being. Complete random acts of kindness for one month.