

Top Up Together: MHAW Challenge

Win Spot
Prizes Every
Day!

Starts 06 October

Form a team with your workmates and complete 7 days of wellbeing activities to help you to feel more energised, raise awareness of mental health and the Five Ways to Wellbeing ... OH AND win prizes!

Connect



Give



Be Active



Take Notice



Keep Learning



Eat Well



Sleep Well



01 Register your team using the QR code or email us on info@thewellbeingchallenge.co.nz for an invoice for larger teams



02 Form teams of 5 or play as an individual (with others)



03 Each day you will be notified about:

- The focus for the day
- Learning bites on the focus area
- A leaderboard update, awards and prize winner for the day



04 Complete daily activities and get extra points for the bonus Challenge



05 Enter your activities into the web app and aim for the top of the leaderboard by completing more activities



06 Spot prizes and awards for those doing exceptional things!



Results from previous challenges:

- 86% felt happier
- 79% were less stressed
- 100% learned what improved their wellbeing
- 64% felt more connected to others

www.thewellbeingchallenge.co.nz

\$15pp or \$60 for a team of 5

