



## Wellness Challenge Missions, Activities and Rules

\* The Auxiliary Wellness Challenge will run from the beginning of January to the end of March.

\* All participants will receive a certificate of participation in the Auxiliary Wellness Challenge.

\* At the end of the Challenge, each Mission will have a 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winner for the top scoring individual participant.

\* At the end of the Challenge, one Auxiliary will be awarded First place for top points! (Difference in membership numbers within the Auxiliaries will be reconciled using a mathematical algorithm to ensure fair representation).

\* Participants may pick and choose from any mission and any activities. You cannot claim points for 2 things at one time though. (Ex. Taking a walk and listening to music for 30 minutes – you can only claim points for the walk (30pts) or for listening to music for 30 minutes (30pts). So you can NOT claim 60pts here. You must choose one activity to claim points for.)



### Vulcan Mindfulness & Mental Clarity Mission

- Meditation, journaling, or mindful breathing:
  - 10 – 15 min = 15 pts
  - 20+ min = 25 pts
- [Vulcan Guided Meditation](#) - based on the teachings of Sarek (6:34) 10 points! (extra points for Trek theme)
- [Two-minute Vulcan Candle Meditation](#) - Vulcan meditation (2:00) 5 points! (extra points for Trek theme)
- [Four Pebble Meditation](#) - Earth-based Meditation by Zen master Thich Nhat Hanh (15:03)
- Brain engagement apps (e.g. Lumosity, Sudoku, Cryptograms, Duolingo -any language – how about Klingon?) = 10 pts/10-minute session
- Board games/puzzles (Bonus for non-screen activities: books, board games, puzzles) = 10 pts/minute session
- Reading = 10 pts/10-minute session or Audiobooks = 10 pts/10-minute session (no multi-tasking during listening. Just sitting/lying and listening with full engagement).
- “No Screens Time” (This includes all electronic devices, including TV) = 2 pts/hour with no screens (sleeping does not count), or 48 pts/full day without any screen time.

## ❤️ Deanna's Mental Health Mission

### A. Deanna's Relaxation Program

- 🚶 Guided Audio Walks / Relaxation Strolls (indoors or outdoors) = 15 pts /15-minute walk
- 🎵 Music from Risa – auditory relaxation session (bonus for combining with breathing exercises) = 10 pts/10-minute session
- 🌸 Sensory Wellness: Aromatherapy, tactile crafts, sound baths = 10 pts/10-minute session
- 🎨 Creative Expression: Art, music, poetry for emotional release = 10pts/10-minute session
- 🛀 Soothing Bath Soak = 20 points
- 🌟 Sauna / Hot Tub = 15 pts
- ❤️ Interstellar Kindness – Send a note of encouragement to another crew member = 10 pts per note

### B. Counsellor Troi's Emotional Wellness Toolkit

- 🧘 Meditation, journaling, or mindful breathing:
  - 10 – 15 min = 15 pts
  - 20+ min = 25 pts
- 🧠 Emotional check-ins or mood tracking = 10 pts/day
- 🗣 Sharing feelings with a trusted crew member or counsellor = 10 pts/day
- 🌌 Stargazing or nature immersion for mental clarity = 10 pts/10-minute session
- 🐱🐶 Pet company, snuggles and petting = 10 pts/10 minutes

## 🥗 Neelix's Nutrition Mission

- 🍜 Each healthy meal = 10 pts
- 🚪 Replicator Reset – Replace one processed meal or food delivery with a whole-food alternative = 10 pts
- 🌈 Colour Spectrum Day – Eat 5 servings of fruits/vegetables = 5 pts/day
- 🍔 Colour Spectrum Plate – Eat 5+ colours of fruits or vegetables in one meal = 15 pts
- 🛸 Alien Cuisine Week – Try a new fruit, spice, or dish from another culture = 15 pts
- 📸 Share a photo or description of healthy meals/snacks on Facebook or Discord = 5 pts/day (can be one you made or just a recipe!)

- Neelix's Gut Health Initiative – eat a serving of one of the following: high-fibre food (legumes, whole grains, fruits, vegetables) or fermented food with live cultures (yogurt, kefir, kimchi, sauerkraut) = 5 pts/day

## **STARFLEET Bootcamp Mission**

### **(Strength, Cardio & Flexibility Missions)**

#### **A. Warp Core Circuits (Cardio)**

-  Walking /  Biking /  Swimming/Paddling (kayak, canoe, paddleboard):
  - .8 km (.5 mile) or 10 min = 10 pts
  - 2.4 km (1.5 miles) or 30 min = 30 pts
  - 4.8 km (3 miles) or 60+ min = 70 pts
-  30 min of sustained heart-raising activity = 30 pts/session

#### **B. Holodeck Training Program (Strength)**

-  Gym / Home Workout:
  - 20 – 30 min = 25 pts
  - 45+ min = 40 pts
-  Adaptive Fitness Videos (e.g. resistance bands, light movement):
  - 20 – 30 min = 20 pts
  - 45+ min = 40 pts

#### **C. Klingon Mok'bara (Flexibility & Mobility)**

-  Yoga / Pilates / Stretching = 10 pts/10-minute session
-  Chair Yoga or Seated Stretching = 10 pts/10-minute session
- Klingon Practice of Mok'bara - fusion of Martial Arts and Meditation (8:34) = 10pts (extra points for Trekking it out!)
- Eight Brocades - Qigong Movement (20:00) = 20 points

## **Phlox's Sleep Logs & Hydration Missions**

#### **A. Sleep Hygiene Program**

-  7+ hours sleep/night = 10 pts/night
-  Consistent bedtime & wake time = 20 pts/day
-  No food close to bedtime = 10 pts/day
-  No screens (includes all electronic devices, including TV's) 1 hour before bedtime = 20 pts/day

-  No caffeine one hour before bed = 10 pts/day

#### B. Hydration Program

-  Drink 32 oz. of water = 32 pts/day
-  Proper hydration = 8 pts per bottle

### Ten-Forward Community & Fun Mission

#### (Social & Cultural Engagement)

-  Virtual Trek Trivia or Storytelling Night = 20 pts for participation
-  Attend Group Event – Orchestra, Poetry Reading, Theatre Play, Sporting Event, etc. = 20 pts/event
- Wear Trek gear during exercise = 10 points
- Share to FB or Discord a Trek pun/photo related to your workout = 5 points
- Post a weekly “wellness log” update of your progress to FB or Discord = 20 points
- Record a “Captain’s Log” audio-style log of your progress and share to FB or Discord = 25 points