



WIFM'S WELLNESS CHALLENGE TRACKER

WEEK ONE

#	HABIT	M	T	W	T	F	S	S
1	Workout (4x/week - 30 minutes)							
2	Active rest (stretching, yoga, walking) (2x/week - 30 minutes)							
3	8+ hours of sleep							
4	Journal/Affirmations							
5	No electronics 1 hour before bed							
6	Drink water & eat food before caffeine intake							
7	No fast food							
8	64 ounces of water a day							

WEEK TWO

#	HABIT	M	T	W	T	F	S	S
1	Workout (4x/week - 30 minutes)							
2	Active rest (stretching, yoga, walking) (2x/week - 30 minutes)							
3	8+ hours of sleep							
4	Journal/Affirmations							
5	No electronics 1 hour before bed							
6	Drink water & eat food before caffeine intake							
7	No fast food							
8	64 ounces of water a day							

WEEK THREE

#	HABIT	M	T	W	T	F	S	S
1	Workout (4x/week - 30 minutes)							
2	Active rest (stretching, yoga, walking) (2x/week - 30 minutes)							
3	8+ hours of sleep							
4	Journal/Affirmations							
5	No electronics 1 hour before bed							
6	Drink water & eat food before caffeine intake							
7	No fast food							
8	64 ounces of water a day							

WEEK FOUR

#	HABIT	M	T	W	T	F	S	S
1	Workout (4x/week - 30 minutes)							
2	Active rest (stretching, yoga, walking) (2x/week - 30 minutes)							
3	8+ hours of sleep							
4	Journal/Affirmations							
5	No electronics 1 hour before bed							
6	Drink water & eat food before caffeine intake							
7	No fast food							
8	64 ounces of water a day							

POINTS

WEEK ONE SOCIAL MEDIA CHECK-INS (30PTS)

TAG THREE FRIENDS TO JOIN THE CHALLENGE! - 15PTS ☐

WHAT'S YOUR 30 MINUTE WORKOUT TODAY? - 15PTS ☐

WEEK TWO SOCIAL MEDIA CHECK-INS (30PTS)

WHAT IS YOUR FAV HEALTHY DINNER RECIPE TO MAKE? - 15PTS ☐

TELL US ABOUT A WIN YOU HAD THIS WEEK! - 15PTS ☐

WEEK THREE SOCIAL MEDIA CHECK-INS (30PTS)

TAG YOUR WORKOUT BUDDIES! - 15PTS ☐

WHAT'S YOUR WHY? - 15PTS ☐

WEEK FOUR SOCIAL MEDIA CHECK-INS (30PTS)

HOW DID YOU SHOW UP FOR YOUR HEALTH TODAY? - 15PTS ☐

WHAT ARE YOUR FITNESS GOALS FOR 2024? - 15PTS ☐

BONUS (180PTS)

LEAVE A REVIEW ON FACEBOOK & GOOGLE! - 30PTS ☐

INVITE YOUR FRIEND LIST TO LIKE THE WIFM FB PAGE - 50PTS ☐

COMPLETE THE CHALLENGE TRACKER - UP TO 100PTS ☐



Challenge Tracker →

25% complete = 25PTS | 50% complete = 50PTS
75% complete = 75PTS | 100% complete = 100PTS

PRIZES

You can use the points you earned from the challenge to enter different giveaways. The more points you have, the more options you get.

PATIENTS

\$500 CREDIT ON YOUR ACCOUNT (275+ PTS)

\$250 CREDIT ON YOUR ACCOUNT (250-274 PTS)

\$150 CREDIT ON YOUR ACCOUNT (200-249 PTS)

IV THERAPY (QTY: 2) **VALUED AT \$250-\$400** (250-274 PTS)

LIPOFIT INJECTION (QTY: 4) **VALUED AT \$200** (225-250 PTS)

DELUXE HYDROFACIAL **VALUED AT \$199** (225-250 PTS)

GLUTATHIONE INJECTION (QTY: 2) **VALUED AT \$150** (200-249 PTS)

SUPPLEMENT CREDIT **VALUED UP TO \$100** (150-199 PTS)

MERCH (AUTOMATICALLY ENTERED)

NON-PATIENTS

NEW PATIENT VISIT **VALUED AT \$550** (275+ PTS)

SPONSORED LABS **VALUED AT \$250 - \$350** (250-274 PTS)

IV THERAPY (QTY: 2) **VALUED AT \$250-\$400** (250-274 PTS)

LIPOFIT INJECTION (QTY: 4) **VALUED AT \$200** (225-250 PTS)

DELUXE HYDROFACIAL **VALUED AT \$199** (225-250 PTS)

GLUTATHIONE INJECTION (QTY: 2) **VALUED AT \$150** (200-249 PTS)

SUPPLEMENT CREDIT **VALUED UP TO \$100** (150-199 PTS)

MERCH (AUTOMATICALLY ENTERED)

GUIDELINES

GOALS

THE GOAL OF THIS CHALLENGE IS TO INSPIRE YOU TO TAKE CHARGE OF YOUR HEALTH AND WELLNESS BY MAKING SMALL, BUT MEANINGFUL CHANGES IN YOUR LIFESTYLE.

BUILD A COMMUNITY IN ORDER TO KEEP YOURSELF MOTIVATED AND EXCITED ABOUT YOUR LIFESTYLE CHANGES.

DURATION

THE CHALLENGE WILL LAST FOR 31 DAYS, STARTING ON MONDAY, JANUARY 1, 2024.

SUBMISSIONS

TO EARN YOUR BONUS POINTS (UP TO 100PTS) FOR THE CHALLENGE TRACKER, SUBMIT IMAGES OF PAGES 1-3 AND EMAIL IT TO **INFO@WISCONSINFUNCTIONALMED.COM** OR AT OUR OFFICE BY THE END OF FEBRUARY 2ND, 2023.

WE ALSO ENCOURAGE INDIVIDUALS TO SUBMIT BEFORE/AFTER PHOTOS WITH A TESTIMONIAL AND/OR FEEDBACK.

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SCORING

AT THE END OF THE CHALLENGE, WE WILL ADD UP ALL OF THE PARTICIPANTS POINTS. DEPENDING HOW MANY POINTS YOU HAVE ACCUMULATED, WE WILL ENTER YOU INTO THE CORRESPONDING GIVEAWAYS AND THE TIERS BELOW.

FOR EXAMPLE, IF YOU HAVE 210 POINTS AS A CURRENT PATIENT, YOU WILL BE ENTERED INTO THE FOLLOWING GIVEAWAYS: \$150 CREDIT ON YOUR ACCOUNT, GLUTATHIONE INJECTION, SUPPLEMENT CREDIT, AND MERCH.

WE WILL USE A RANDOM GENERATOR TO SELECT THE WINNER FOR EACH PRIZE. WINNER'S WILL RECEIVE A PHONE CALL VIA THE NUMBER THEY PROVIDE BELOW. IF THEY DO NOT RESPOND WITHIN 24 HOURS, A NEW WINNER WILL BE SELECTED. WINNERS WILL BE NOTIFIED ON FEBRUARY 7TH, 2023.

PLEASE BE AWARE OF SCAMS. WE WILL NOT ASK FOR YOUR CREDIT CARD NUMBER OR BE SENDING YOU A DM IF YOU ARE A WINNER

FIRST NAME _____

LAST NAME _____

EMAIL _____

PHONE NUMBER _____