

# PCSD

## WELLNESS UNIVERSITY

### OCTOBER CHALLENGE

#### BOOK WORM

Read for 500 minutes

#### VOLUNTEERISM

Volunteer four times to earn up to 100 points

### WELLRIGHT ACCOUNT INFORMATION

Located on the upper right corner



#### SUMMARY REPORT

Overview of challenges accomplished and points awarded.



#### RESET PASSWORD

A new password must be at least 8 characters long and include uppercase letters, lowercase letters, numbers, and special characters.



#### CONTACT SUPPORT

Generate a new support ticket or inquire about the status of an existing one. Access our Frequently Asked Questions database for assistance.

### ULTRA MARATHON COMPANY WIDE CHALLENGE

Join a team on WellRight and get to the starting line: Ready Set Go!

- Marathon equals 1,048,000 steps.
- 50-mile marathon equals 2,000,000 steps.
- 100-mile marathon equals 4,000,000 steps.
- 150-mile marathon equals 6,000,000 steps.

**SOMETIMES**  
later becomes  
**NEVER. DO IT NOW.**

### THE 8+8+8 RULE

Divide your day into three equal parts of eight hours each to create a well-balanced schedule for your life.

- 8 hours dedicated to hard work
- 8 hours designated for quality sleep
- Allocate the remaining 8 hours to focus on:
  - Family, Friends, and Faith (3Fs)
  - Health, Hygiene, and Hobby (3Hs)
  - Soul, Service, and Smile (3Ss)

**HAPPY AND HEALTHY: THE IDEAL COMBINATION**