

# VolunCheer Challenge

Commit to Wellbeing. Stay healthy, stay connected, stay safe.

November 11, 2020 - January 1, 2021

The very first Volunteer Wellness Challenge is meant to help BCHD Volunteers stay healthy and connected during the holiday season. Support the well-being of BCHD volunteers during this holiday season. Win fun prizes for participation!

## HOW TO

- Register at [bchd.org/volunteer](http://bchd.org/volunteer)
- Read weekly Email reminders about challenge activities
- Log points on a wellness platform
- Message board to connect with others

Register by 11/17/20 to receive a BCHD Face Covering. Earn points toward a PRIZE for completing challenge activities.



### HEALTH LEADERSHIP

Earn 150 points each week by completing at least one action item from the health leadership examples



### CONNECTION

Earn 150 points by completing the weekly connection activity like checking in with loved ones or performing an act of kindness



### WELLBEING

Earn 150 points for completing mindful, physical or creative self-care activities each week to support your wellbeing



### MESSAGE BOARD

Earn 50 points each week for sharing your answer to a question on the challenge message board!



### VIRTUAL EVENTS

Earn up to 300 Bonus points for attending different BCHD Virtual Social and Wellness Events



**PRIZE**  
Tier 1:  
2,000 points



**PRIZE**  
Tier 2:  
2,500 points



**PRIZE**  
Tier 3:  
3,000 points



**Q&A Session:** November 17, 10:30 a.m.  
**Contact:** [volunteers@bchd.org](mailto:volunteers@bchd.org)  
**For more info:** [bchd.org/volunteer](http://bchd.org/volunteer)

