

Grow a Garden of Wellness

Wellness Explorer Card

Earn points for each activity you complete



How it works:

- Complete activities from the menu.
- Earn points for each activity.
- Track activities on WellSteps.
- Submit picture requirements on WellSteps

Each activity represents part of a “garden”:

- Prepare the Soil = Sustainability
- Plant the Seeds = New experiences
- Water the Garden = Daily habits
- Support Growth = Movement & activity
- Bloom = Joy, reflection, connection

Earn up to 101 points

Prepare the Soil - Sustainability

✓	Activity	Wellness Focus	Requirement	Points
<input type="checkbox"/>	Recycle glass at a drop-off location	Environmental	Picture	8
<input type="checkbox"/>	Use reusable silverware at work	Environmental	None	3
<input type="checkbox"/>	Use a reusable bag while shopping	Environmental	None	3

Plant the Seeds - New Experiences

✓	Activity	Wellness Focus	Requirement	Points
<input type="checkbox"/>	Visit a new park	Mental/Social	None	3
<input type="checkbox"/>	Visit your local public library	Intellectual	None	4
<input type="checkbox"/>	Try a new recipe	Intellectual	Picture	3
<input type="checkbox"/>	Visit the farmer's market	Physical/Social	Picture	8

Water the Garden - Daily Habits

✓	Activity	Wellness Focus	Requirement	Points
<input type="checkbox"/>	Drink 8 cups of water in 1 day	Physical	None	4
<input type="checkbox"/>	Take a movement break at work	Physical	None	4
<input type="checkbox"/>	Use natural light instead of lamps	Environmental	None	3



Support Growth - Movement and Activity

✓	Activity	Wellness Focus	Requirement	Points
<input type="checkbox"/>	Walk a new route in your neighborhood	Physical	None	3
<input type="checkbox"/>	Walk part of Jordan River Parkway Trail	Physical	Picture	10
<input type="checkbox"/>	Visit Wheeler Farm	Physical/Social	Picture	8
<input type="checkbox"/>	Attend “ State of Mind ” free yoga at State Capitol	Physical/Mental	Picture	10

Bloom - Joy, Reflection, Connection

✓	Activity	Wellness Focus	Requirement	Points
<input type="checkbox"/>	Watch the sunset or sunrise at the park	Mental/Social	None	3
<input type="checkbox"/>	Listen to a Mindful Moments Meditation	Mental	None	4
<input type="checkbox"/>	Visit the Shape Shifting Mural	Cultural	Picture	10
<input type="checkbox"/>	Visit the Point of View Art Installation	Cultural	Picture	10

Virtual Workshops

✓	Workshop	Wellness Focus	Date	Time	Points
<input type="checkbox"/>	Mindset Reset: Cultivating Joy	Mental	Jul 6, 2026	10:00AM	5
<input type="checkbox"/>	Functional Strength Training Class	Physical	Jul 9, 2026	12:00PM	10
<input type="checkbox"/>	Caregiver Talking Points: Setting Boundaries	Social	Jul 9, 2026	12:00PM	10
<input type="checkbox"/>	Step Into Monday	Physical/ Intellectual	Jul 13, 2026	12:30PM	10
<input type="checkbox"/>	VEST Cultural Connections: Intellectual Wellness	Intellectual	Jul 22, 2026	12:00PM	10

Prize Drawing

1. Sparkling Water Maker + Ultima Replenisher Daily Electrolyte Powder
2. Owala water bottle + Ultima Replenisher Daily Electrolyte Powder
3. Owala water bottle + cap

Complete as many or as few activities as you choose. Earn points for every activity completed, and challenge yourself to participate in at least one activity from each category.