

# 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 <a href="#">drop-off location</a>	Environmental	<b>Picture</b>	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	None	3
<input type="checkbox"/>	Visit the <a href="#">farmer's market</a>	Physical/Social	<b>Picture</b>	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 <a href="#">Jordan River Parkway Trail</a>	Physical	Picture	10
<input type="checkbox"/>	Visit <a href="#">Wheeler Farm</a>	Physical/Social	Picture	8
<input type="checkbox"/>	Attend “ <a href="#">State of Mind</a> ” free yoga at State Capitol	Physical/Mental	Picture	10

## Bloom - Joy, Reflection, Connection

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