



Well-Being Pursuit Activity Tracker

Use this to guide your daily physical and social activities. Check off those you've completed. Remember to track days you complete activities on the Health Advocate website or mobile app.

Physical Activities	Physical and Social Activities	Social Activities
<ul style="list-style-type: none"> <input type="checkbox"/> Super-charge your day with this 5-minute workout <input type="checkbox"/> Reduce stress with this yoga sequence <input type="checkbox"/> Play a physical game with your kids <input type="checkbox"/> Walk during lunch <input type="checkbox"/> Try a video group exercise class <input type="checkbox"/> Select a new type of exercise and perform it <input type="checkbox"/> Exercise during your normal commute time <input type="checkbox"/> Do this 7-Minute Workout <input type="checkbox"/> Try one of these quick workouts <input type="checkbox"/> Plan an after-work brisk walk <input type="checkbox"/> Maximize your workout by understanding your target heart rate 	<ul style="list-style-type: none"> <input type="checkbox"/> Join a Health Advocate Personal Challenge and invite coworkers to participate <input type="checkbox"/> Discuss your fitness goals with a buddy <input type="checkbox"/> Encourage coworkers to pace while on phone meetings <input type="checkbox"/> Set a virtual appointment with a coworker to complete the Health Advocate Walking Workshop together <input type="checkbox"/> Select a workout and challenge someone to complete it with you from their own home <input type="checkbox"/> Compare stats from your Health Advocate trackers or fitness device with others <input type="checkbox"/> Plan a virtual team yoga session <input type="checkbox"/> Challenge someone to a virtual race <input type="checkbox"/> Simultaneously stream workouts with your exercise buddy <input type="checkbox"/> Schedule an active meeting 	<ul style="list-style-type: none"> <input type="checkbox"/> Have a virtual lunch with a coworker or friend <input type="checkbox"/> Take a telephonic coffee break <input type="checkbox"/> Plan a virtual happy hour <input type="checkbox"/> Play a trivia game over video conference <input type="checkbox"/> Swap healthy recipes via social media or email <input type="checkbox"/> Schedule regular contact with your supervisor <input type="checkbox"/> Hold regular team meetings <input type="checkbox"/> Dedicate a few minutes each day to contact a friend or family member <input type="checkbox"/> Collaborate on projects in real time <input type="checkbox"/> Have a virtual cooking competition <input type="checkbox"/> Surprise a colleague with a phone call

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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