

Program Results

Overall Stats

Logging: **March 25 - May 5, 2024**

Registered participants: **2170**

Evaluations submitted: **536**

Evaluation submission percentage: **25%**

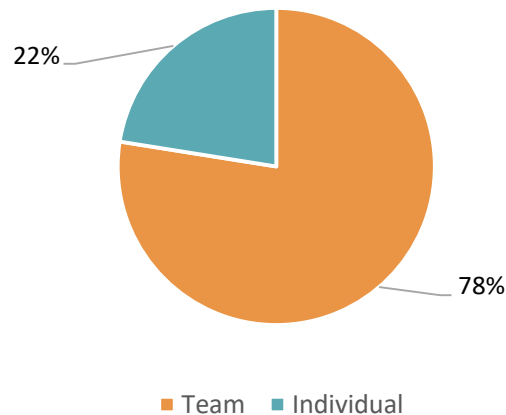
Participants on a team: **1682**

Participants with 1 or more Friends: **518**

Mobile app downloads: **1184**



Team/Individual Participation



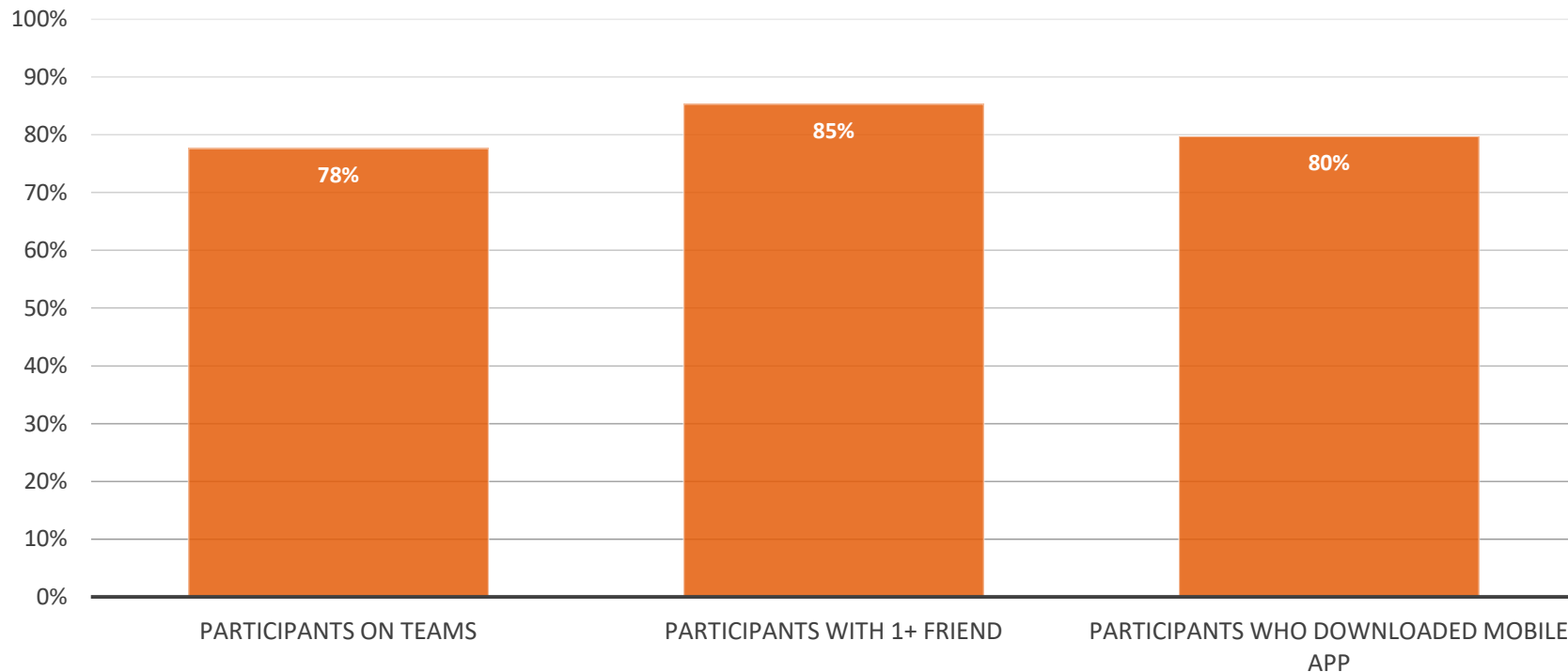
Program Goal and Achievement Rates

Goal is to earn 90 points by recording physical activity.

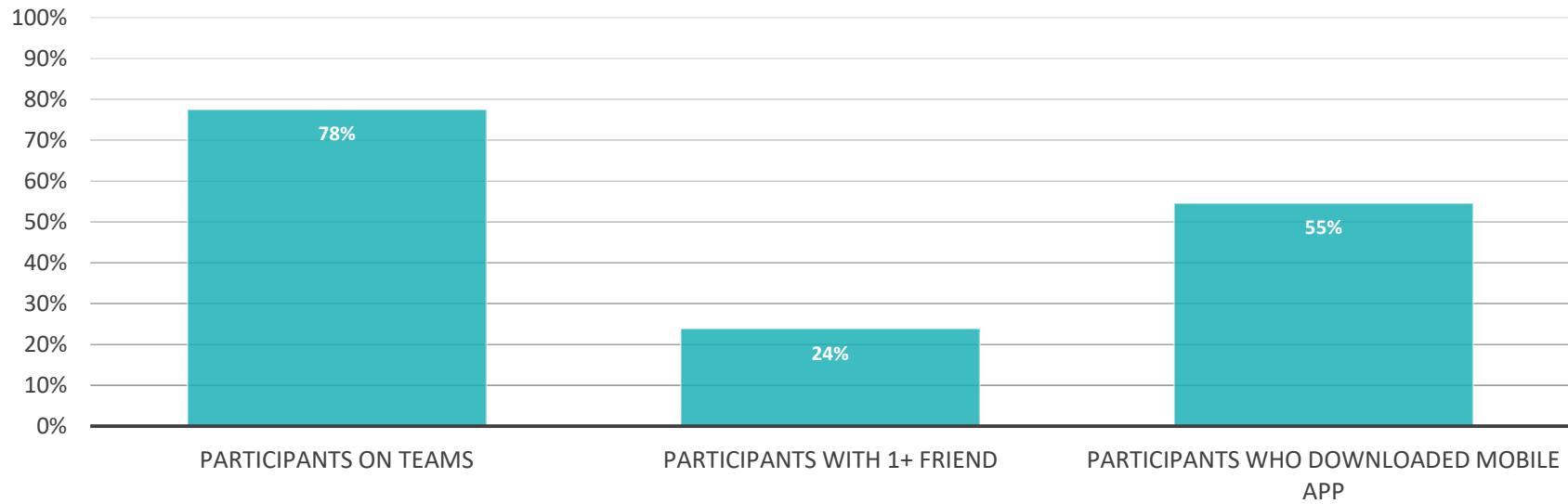
Achievement rates show the percentage of participants who met the program goal. The group with the most success meeting the goal is participants with 1 or more Friends.

Achievement Rates

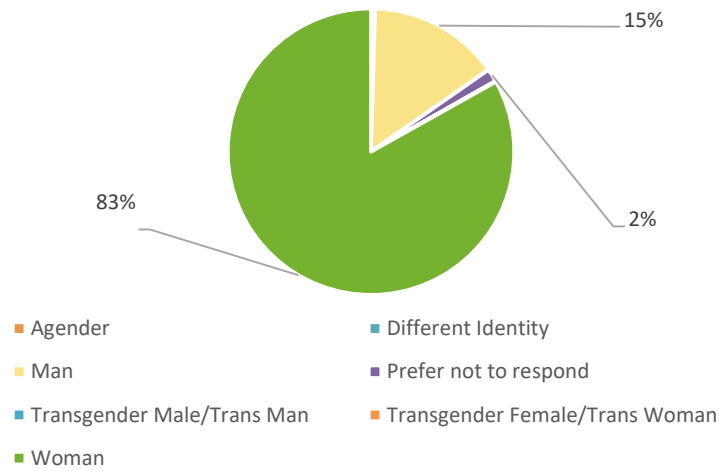
Overall achievement rate - 72%



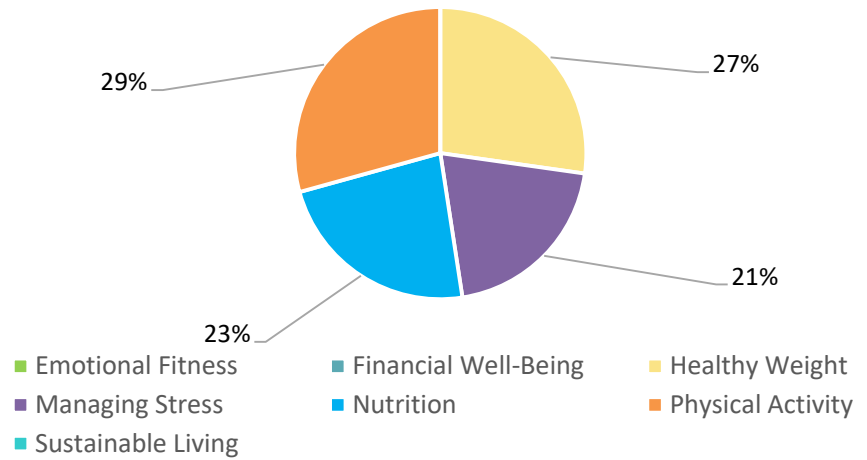
Feature Utilization



Gender Ratio



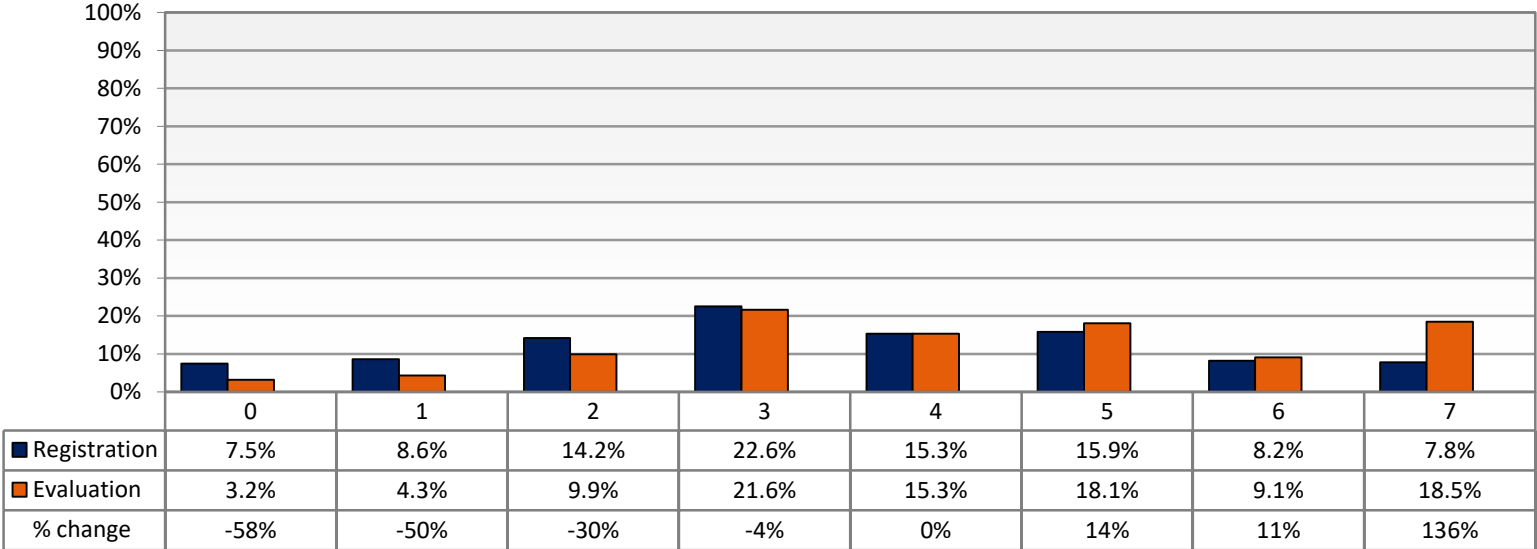
Future Challenge Topics



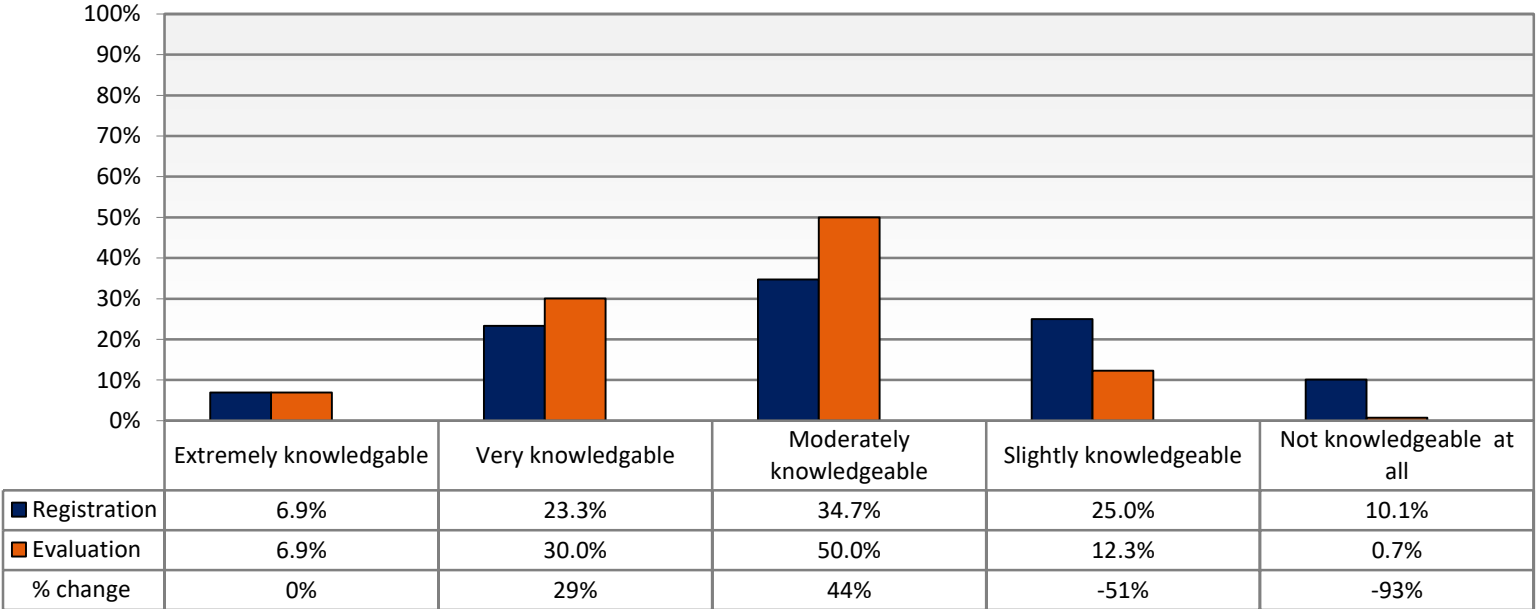
Check out [HES Challenges at a Glance](#) for your next challenge ideas!

The following data is based on participants who completed the *8ight Ways to Wellness* End of Program evaluation.

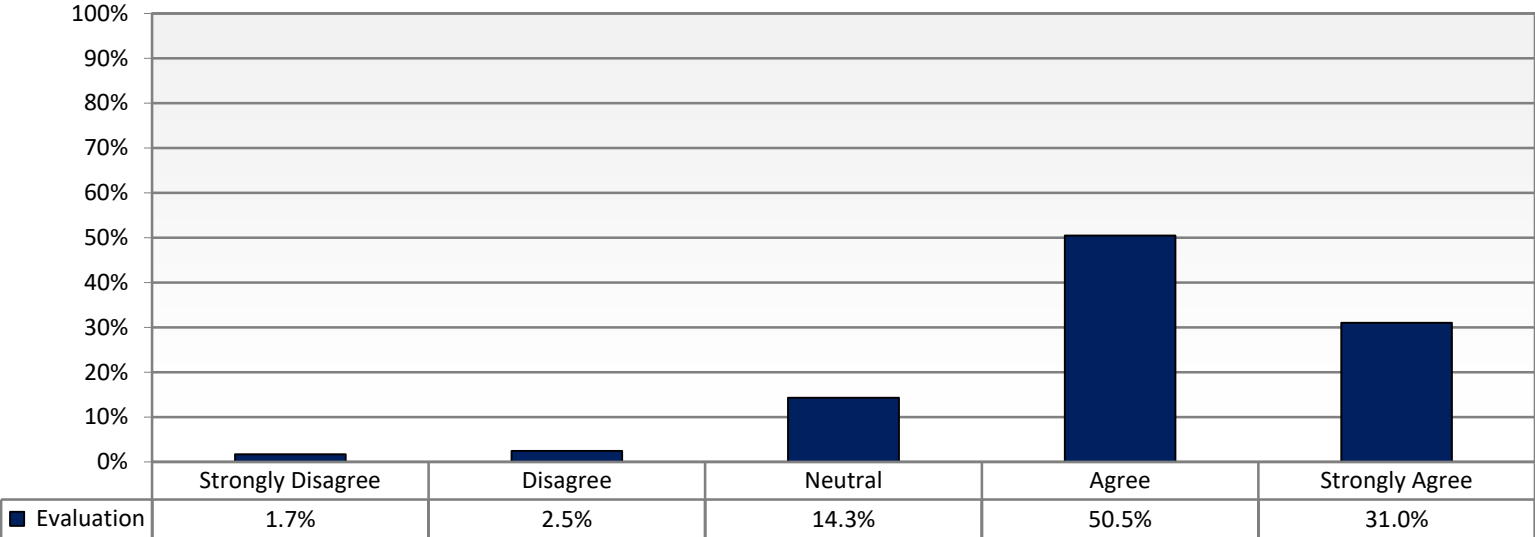
Average number of days a week you are physically active:



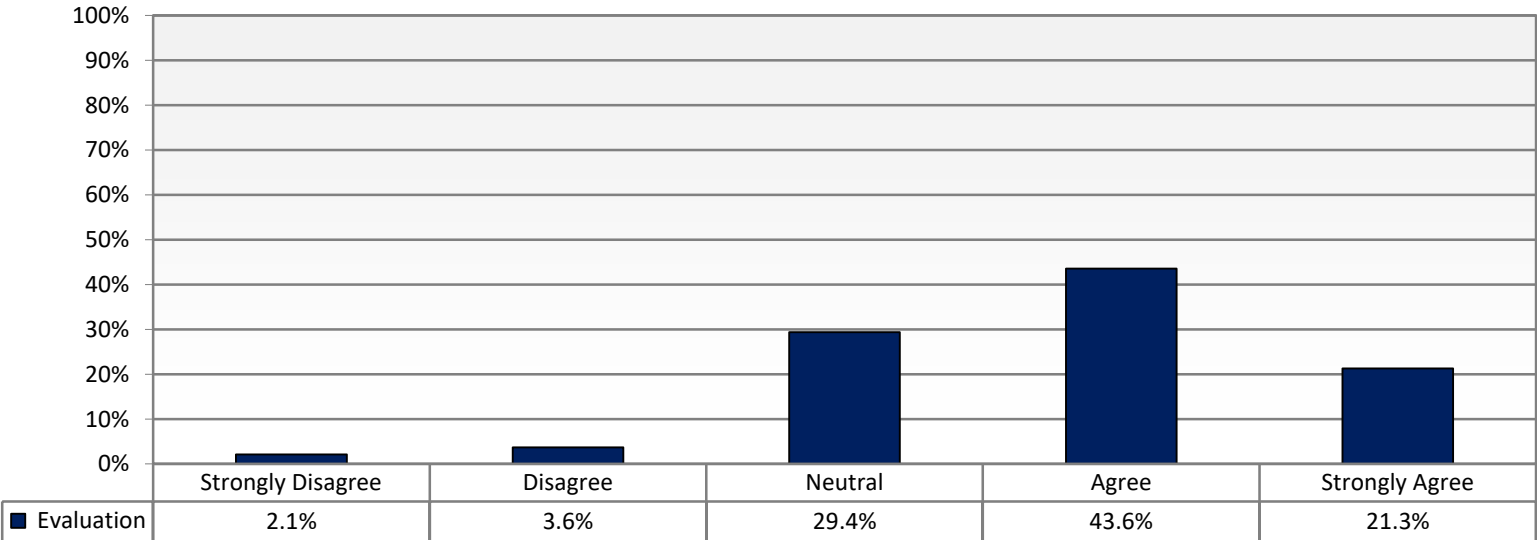
How knowledgeable are you about the 8ight Ways to Wellness?



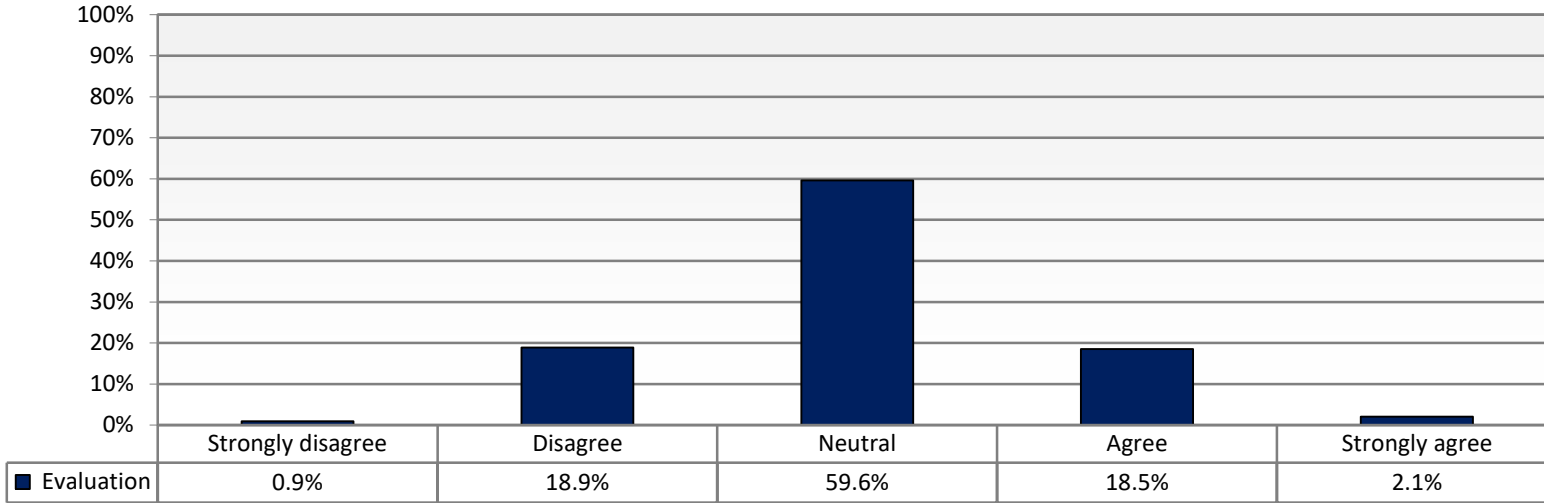
This campaign increased your awareness of the amount of time you spend sitting:



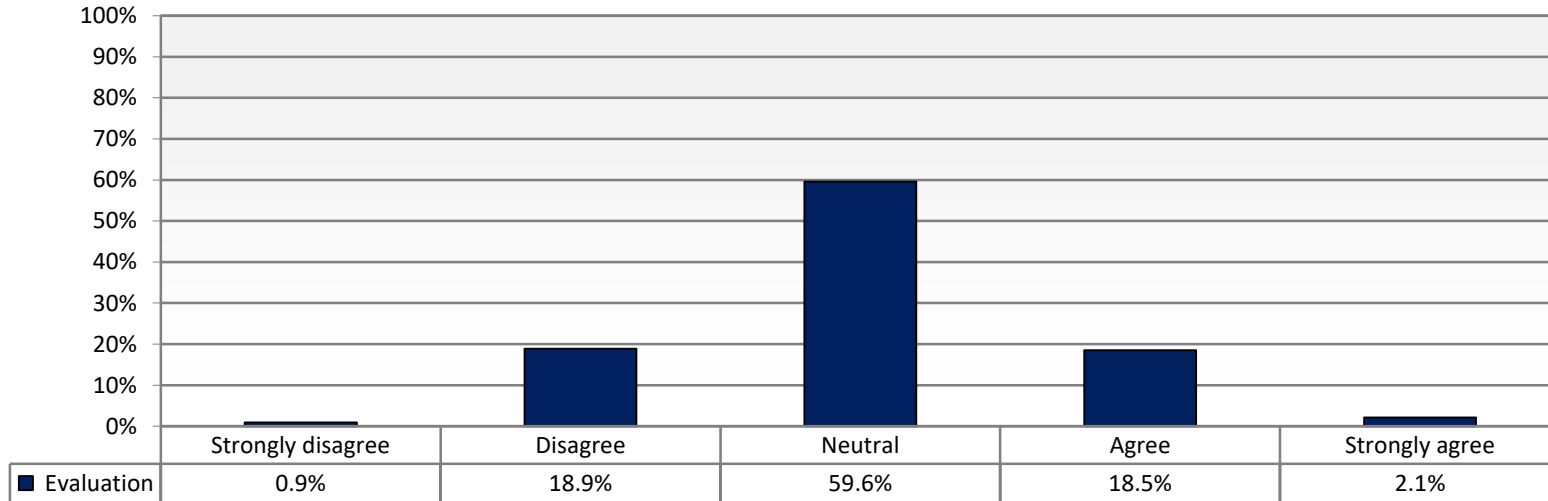
This campaign increased your physical activity level:



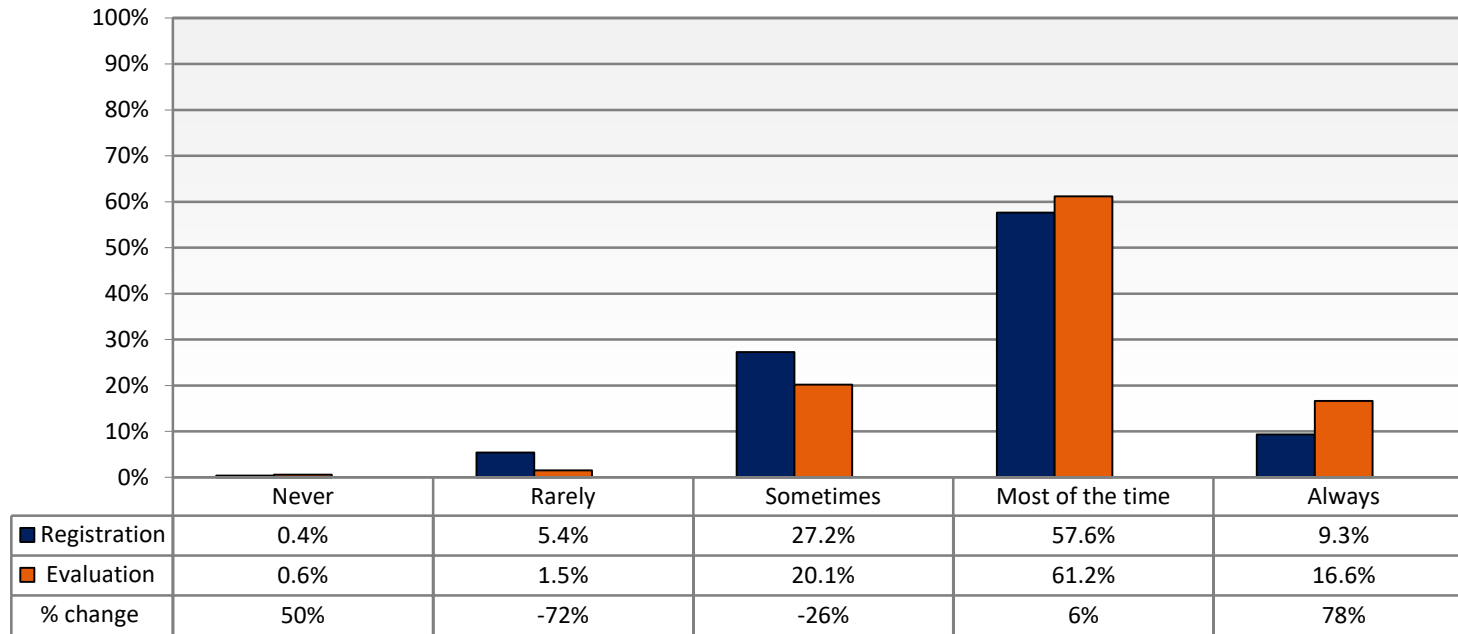
This campaign increased your confidence in scheduling physical activity during your day:



This campaign increased your understanding of the 8ight Ways to Wellness challenge:



How often did you have enough energy to do the things you enjoy in the last month?



What participants liked most:

"It motivated me to exercise, and I challenged myself to see how much activity I could do in a day, even when I had limited time to do something."

"It keeps me motivated and engaged. It helps jump start my exercise routine when I get lazy."

"It encourages me to think about how much activity I am doing daily and motivates me to get my steps in!"

"It holds me accountable for keeping my step count up with the different color tokens earned based on amounts."

"Ability to participate at any level with a relatively low # of steps required."

"Being able to earn badges and points as I progressed through the program."

"I enjoyed the competition! I wanted to be first on my team and overall, and that helped me walk an extra block if I felt tired. The trivia was challenging which was nice!"

"Being rewarded for things that I want to do, but often find excuses NOT to do. I also really loved the trivia and the recipes - can't wait to apply my new knowledge!"



Success Stories:

"Before this challenge I knew I needed to exercise but didn't find time and when I had it would find excuses or procrastinate. With the team relying on me I got up earlier to do my 30-45 min of exercise everyday of the challenge. Last three days I was at a conference. I got up at 5 am each day to go to the hotel gym. It will remain my daily routine as I feel more awake and alive. I trust my health is better. I didn't lose weight but lost inches. Who knows what the next 6 weeks will bring." -**Joyce Nicklaus**

"I feel knowledgeable about wellness and am active but it helps to feel a community alongside you, tips on areas you can work on, and exactly this- *confidence* in scheduling physical activity, to make sure we are taking care of ourselves! I definitely add more steps when I'm doing one of these challenges." -**Britt Gott**

"I went from getting maybe only 2000 steps in a day to pushing myself to being active and getting 7000+ steps a day that included bringing out my old Wii and doing just dance to make it fun on some nights. I spent a lot less time sitting at my desk and actually getting up and stretching and deep breath exercises in between making calls." - **Crystal Bradley**

"On some days, I didn't reach my steps per day goal (10K); however, I thoroughly enjoyed participating in the 8ight Ways to Wellness campaign. I was more active, made better choices regarding food/calorie intake, and seeing some of the other participants share their stories/experiences was very encouraging (gave me the energy to get moving on the days I didn't want to)." - **Stephanie Smith**

