

# GOLD MEDAL TRACKER



## WEEK 4: MEDAL MOMENTS - FINISH STRONG

Log your Week 4 activities and points as you reflect on your progress, celebrate your wins, and finish strong. Take time to recognize your achievements and set yourself up for continued wellbeing beyond the challenge.

### 5 POINT ACTIVITIES

- Podium Shoutout:** Send three encouraging messages to different people—who inspired, supported, or motivated you during the challenge.
- Final Sprint:** Complete an extra workout, walk, or active challenge this week—push for a personal best in minutes, steps, or reps.
- Highlight Reel:** Pick your favorite activity from the challenge and do it one more time.
- Gold Medal Moment:** Take a moment to recognize a small victory from the challenge.
- Energy Boost Break:** Take 5 minutes to do a high-energy mood booster—dance, laugh, or listen to your favorite upbeat song. No pressure, no tasks, just a quick boost!

### 10 POINT ACTIVITIES

- Take a Victory Lap:** Go for a 20–30 minute walk, run, or bike ride to celebrate your progress.
- Champion’s Choice:** Pick any activity that helps you cross the finish line and celebrate your Week 4 win. Focus on something that energizes you, challenges you, or supports your wellbeing.
- Medal Moment:** Share a photo or comment on Serco Wellbeing Website or Viva Engage to celebrate your achievement.
- Play for a Purpose:** Give back by supporting a cause or initiative—through your time, sharing resources, or raising awareness—and make an impact like a true teammate.

### 15 POINT ACTIVITIES

- Team Celebration:** Celebrate your teammates! Submit a Serco Shoutout to recognize a colleague’s hard work and contributions.
- Post-Games Planning:** Set a wellbeing goal for the month ahead to keep your momentum going and train like a champion beyond the challenge.
- Financial Fast Break:** Pick an extra money-smart action this week—like moving a bill to savings, paying down a small debt, or planning your next spending goal.
- Push to the Podium:** Identify one lingering task or project and finish it—and cross your finish line.

## TOTAL POINTS EARNED: