

# GOLD MEDAL TRACKER



## WEEK 3: ROAD TO THE PODIUM: PUSH YOUR LIMITS

Log your Week 3 activities and points as you challenge yourself, build endurance, and push past your limits. Stay consistent, take on new challenges, and watch your progress bring you closer to medal-winning momentum.

### 5 POINT ACTIVITIES

- Kindness Relay:** Pass on the positivity! Do something thoughtful for a partner, friend, or colleague.
- Team Huddle:** Participate in an ERG, committee, or networking program at Serco.
- Recovery Drill:** Recharge with a new relaxation technique, helping you stay focused & calm.
- Hourly Power Breaks:** Stand, stretch, or move for 5 minutes every hour to stay energized.
- Winning Fuel:** Boost your meal or snack with a healthy addition—like fruits, veggies, or whole grains—to fuel your body like a medal-winning athlete.

### 10 POINT ACTIVITIES

- Screen-Free Fuel:** Eat one meal without screens—no phone, TV, or computer—just focus on your food and the moment.
- Power Play:** Try a new exercise to strengthen your body and keep your fitness game strong.
- Podium Mindset:** List three highlights or wins from your day to fuel your momentum.
- New Event Challenge:** Try a new skill or hobby—something you haven't done before. Push your limits, explore, and discover what you're capable of.
- Gold Medal Meal:** Try a new healthy recipe or dish to fuel your body and energize your day like a top athlete.

### 15 POINT ACTIVITIES

- Evening Cool-Down:** Power down screens 30 minutes before bed to rest and recover.
- Team Relay:** Join or organize a group activity (walk, stretch break, team challenge, virtual event, volunteer event).
- Support Your Team:** Take a few minutes to connect with a colleague about something meaningful beyond work.
- Knowledge Lap:** Explore a topic you're curious about—read an article, watch a documentary, or listen to a podcast.
- Debt Dash:** Make a small extra payment toward a credit card, loan, or debt to reduce future interest.

### TOTAL POINTS EARNED: