

## Accountability Track Week 1

Real or invented name. (E	Complete this question each week: What has challenged your wellbeing the most in this past year?	Complete this question each week: What is the one step you are going to take throughout these 6 weeks that will help you recover some greater sense of wellbeing?	What percentage of success did you have in taking your step this week?	Are you feeling better?	How so?
Kathy Williams	A terminal diagnosis and dealing with the mental challenges this brings.	Finding some time every day to get outside and walk; walking brings me peace.	10%	No	Had some health issues so didn't get to fulfill my goals for the week.
Melissa Ivey	Social isolation	Reconnect with family and friends	10%	Yes	I feel a little better knowing that they have also struggled with social isolation
Samantha	Stress	I plan on working on deep breathing exercises. Thinking before speaking and walking more.	80%	Yes	Im taking it one week at a time. I feel a little less stressed and asking for help more when needed.
TRACY EISENHAUER	Not seeing friends	plan to see friends more often	100%	Yes	I have something to look forward to
Katie B	Not being able to be as active as I'd like due to the pandemic, shut-downs and having to socially distance for safety.	Walking outside on nice days while on break at work. Continue HIIT workouts 3x/week.	80%	Yes	Continuing to be active
michelle	overworking. Not enough down time or mental breaks	I will step outside three times for at least 5 minutes each work day or in bad weather will walk out to my sun room and look out over the water. I will try to disconnect my thoughts from my work for that 5 minutes.	10%	Yes	just starting this bet thinking about it also makes me feel some decrease in stress
Mariah Lary	Being stressed out with multiple things like going to school full time, working full time, planning a wedding, and the sudden loss of a family member.	Getting outside even for 15 minutes a day to enjoy nature, calm my mind, and get some exercise.	50%	Yes	Getting the fresh air and just being out in nature helps calm me down and allows me to see the beauty in things.
Kat	Isolation	Get outside the house 6/7 days a week.	90%	Yes	Met some neighbors and other walkers in my area...

Lady Cadbury	The loss of my father in the middle of the pandemic has been the hardest thing that has happened this past year and in my lifetime so far. Pre-pandemic he was sick and in the hospital, but we could go see him whenever we wanted. Once the pandemic hit, we had to go 5 and a half months without seeing him in person. We could facetime call him, but it wasn't the same. We were only allowed to see him again in person when he was actively dying. I am very grateful to have been able to be there for him at the end, as I know a lot of people didn't have the option to be there with their loved ones at the end.	I want to be healthier. Planning meals and going walking around the neighborhood. I hope losing some of the pandemic weight that I have gained will help me feel better and improve my mood.	100%	Yes	My husband and I started meal planning 2 weeks in advance. so far, we have followed the plan. It is such a relief knowing what we are cooking each night and that we have all the ingredients in advance.
Donna	mental health and exercising	being able to get outside and walk and motivation from groups like this	80%	Yes	feel like I can take that 1 step to getting closer to where I need to be mentally and physically
Julea	I'm struggling with my weight and overall health. I have no motivation to walk or exercise this past year and need to get out my funk.	I want to get out and walk at least 3-4 times a week and hoping to do this daily as weather permits. I also want to change my eating habits and mindset to more positive things.	10%	Yes	Now that I've taken the first steps and made my goals it gives me the incentive to keep going. This weekend will start my new eating habits so that I can feel better which in turn will get me out and walking.
KRIS YOUNG	Weight gain	Take time to be outside take walks	50%	Yes	Sleeping better
Rache	The stressful responsibilities of being a Selectboard member in my town.	Spending quality time with my kids when I am not. Like reading every day to them, or being outside with them, or coloring, or just having time for a 1:1 talk.	50%	Yes	Mindfully focusing on the reasons (my kids) why I feel so passionately about Selectboard issues can help offset some of the negativity.
Renee Libby	seeing to my family's best interest despite the onslaught of information, statistics, changing circumstances in the world and our little part of the world	Carving out a little bit of time for myself every day to do something I want to do	40%	Yes	Even just being aware of making some time for yourself feels like it helps!
Christine	Trying to balance home life and work life after being switched to remote due to Covid. I have 3 children still at home who were all doing remote learning of some sort. The transition was tough and took a lot of my attention.	Setting some time aside once a week to do something just for me. As a wife and mom of 5 with 4 grand children I have a lot of people who need me on a daily basis. It is easy to get wrapped up in everyone elses plans and needs and overlook my own. Sometimes just getting dressed and getting my hair combed in the morning seems like a win. I need to be better at self care and taking time just for me.	50%	Yes	Less stressed.
Barbara	That there hasn't been a normal or a sense of normalcy in the past year.	Go for a walk during my lunch time and spend more time with my kids.	90%	Yes	Well I want to say meh because I'm a meh person. I did do more things but not enough things with my kids.

Ashley Kenney	COVID, not being able to see friends and family or travel with the COVID restrictions	Get out for a walk at least once a day- get up from my desk and make myself walk on my break	90%	Yes	My body is not as sore and I feel more happy in the afternoon after I have gone for a walk
kathy-jo	not going anywhere	take a drive somewhere I love for the day	100%	Yes	just getting out of the house is nice
Sylvia	having to stay in, no outings with friends	GET OUTSIDE!	100%	Yes	more energy and more settled feeling
Carol Blethen	Worrying about my Family, Friends and myself catching Covid. Now I have recently had my A1 C tested and it was 10.4, which I guess is really bad.	I have given up eating meat since the beginning of April. I have been eating a lot of veggies. I am also working out now too, which is something I hadn't done in years.	100%	Yes	I have lost 10% of my weight and I do feel better. I still have a long ways to go, but I will get there step by step.
Tammy Leach	Feeling of being overwhelmed at home and not being able to escape	I will walk outside daily when the weather is nice and I have purchased a stepper for the office that I will use when it is raining.	100%	Yes	Being outside is better, but even getting steps in at the office makes me feel that I have done something for just me.
Ellen	Eating right and walking consistently or should I say NOT Eating right and NOT walking consistently	Walk at least 5 days a week, even if it is a short walk. Just get outside!!	40%	Yes	Just started so joining this program is a STEP in the right direction!! I also had a weekend of alone time, as we say in Maine Upta camp , no power, wood fire-ahhh and that is priceless to me!!
Covid Charlie	Being able to go out in public without a mask and having options for entertainment and resteraunts.	Getting outside without a mask .	20%	Yes	Being outside and doing something I enjoy makes me happy .
Lynn	Knowing that many people were not taking pandemic seriously and/or not taking steps to protect themselves and their communities.	Begin the Deep Breathing Stretch Break Confirmation program. Play ukulele during lunch and join weekly ukulele group for learning new songs and connecting with other enthusiasts via zoom	90%	Yes	Felt great to get back into yoga with others instead of solo. Uke group chose spoof song as one of our new songs in our repertoire. It made us all laugh. Had a pleasant conversation with fellow employee who I have never met regarding being a pandemic player (learning uke over the past year)
Heather Mullen	The writing of a new professional chapter	regroup on nutrition plan, especially on the weekend. continue my daily exercise routine. Don't miss a day over the next 6 weeks.	60%	Yes	recommitment and figuring out to manage this with a new routine
Becky Stepp	not being able to go to the gym and really becoming more introverted, wanting to stay home in my bubble this past year	exercise (and I mean really do it) at least 4 times a week - 30 minutes a day and read more about nutritional fitness	50%	Yes	more energy
Melony Archer	I have not been able to spend as much time in close contact with my family members. I have not been able to travel to visit with my son who lives out of state.	I am going to start walking to and from work now that the weather is nicer - as many days during the work week that it is not raining.	50%	Yes	I feel like at the start of my day that I am more awake and alert. Feeling energized and ready for the da. I have been able to enjoy the outdoors more and to see my community start to emerge from the pandemic in unison with the blossoms of spring flowers!

judithadams	COVID AND FEELING COMFORTABLE GETTING OUT IN PUBLIC	walking more	80%	Yes	feel like I have more energy
JUDY	getting out and exercising or just enjoying the day	go walking daily and enjoying the sunshine	100%	Yes	Feel like I have more energy and a more positive attitude
Jamie Cronin	Exercise	Taking a 30 minute walk daily in the fresh air and sunshine.	70%	Yes	Feel slimmer and more energetic!
Barbara Beckwith	I have lung issues and the thought of getting Covid is very stressful	I started working with a fitness & wellness instructor in October of last year to help with my stress , weight & nutrition . I exercise 3-4 times a week and am eating healthier and have lost 17 pounds . I plan to continue the self care thru the 6 weeks and beyond	90%	Yes	feeling healthier and happier that I am taking care of myself despite the pandemic
Laurie Damon	1. Visiting with family in person over the holidays and throughout the summer.2.Visiting with my best friends in person who live in Massachusetts due to traveling restrictions and staying safe	1. Schedule time with family members to visit in person here in Maine now that everyone has been vaccinated and continue to socialize safely2. Meet with friends from Massachusetts face to face in Southern Maine and explore visitor sites outdoors	80%	Yes	Excitement that I have plans with those who bring me much joy, both close family members and best friends
Dana Greer	all types of media including the news and social media. Feeling like not everyone is making the effort to end the pandemic and make our patients safe.	Be mindful of what I am eating. I don't want to say diet but I do want to stop the mindless eating, almost always unhealthy choices.	30%	Yes	Just started Monday but I am doing better than last week!
melissa e	not seeing friends and hanging out.	watch eating after supper. try to stay out of the popcorn	90%	Yes	don't feel guilty about junk food that I ate while watching night tv.
Dawna Stryker	Not being able to visit my mom in California. We are both vaccinated now and I have a trip planned to go visit for two weeks at the end of May. This has been very hard on both of us. She is not in the best health, but not on her deathbed either. She has breathing issues and I struggled with not knowing if she would catch COVID and/or have some other type of illness that would take her from me. I am so blessed that I will finally be able to go visit.	I am going to get out more and enjoy nature as well as my friends that are vaccinated. It has been a long road not being able to visit friends.	30%	Yes	Each day gets a little better knowing I can go out and visit friends with less worries than 6 months ago.
Lisa Pinkham	Finding the motivation to get out and exercise.	Getting a walk in 5 days per week!	70%	Yes	More steps = more energy
Corey Hirn	I have been most challenged with constantly limiting my activities outside of my house.	This year I have decided since I cant go any where I will focus my attention accomplishing more at home. I have decided it was time to fully invest in a garden and hope the maintenance/upkeep and hopefully fruitful end of season will have sufficient replaced the activities I would normally have done.	100%	Yes	spent most of my free time fingers deep in soil chatting with my wife. it was good to accomplish something.

Sharon Clayton	Lack of a Routine and Structure, and I think that combined with the isolation while at the same time cooped up with family has resulted in intense fatigue -- being in a funk -- unmotivated to do things even get outdoors.	Build a routine that starts with getting up at a set time, and getting a morning outdoor walk. I'd like to gradually make the set time earlier, starting now at 7:30 and gradually make the walk longer, starting now at .75 miles	20%	Yes	I did get up earlier - 7:45 instead of 7:30 goal, and while that is hard it feels better just minutes later. I feel slightly more energetic already.
Jessica	Not having contact with my friends or family.	Get some spring cleaning done around my house and property.	50%	Yes	I've gotten some of the clutter out of the house that we seem to have accumulated since the start of covid and I'm working on reseeding my lawn, which makes me happier when I look outside.
Marsha Simpson	Loss of a parent and grandparent within 3 months	Stretch and walk everyday, play golf soon	100%	Yes	Stretching and drinking my shakes with my vitamins
Michelle Hay	Seasonal depression; inability to connect face-to-face with loved ones	Walking for at least 30 minutes a day	100%	Yes	My mood is uplifted significantly
Polly	Avoiding sugar	Rad labels and try to stick to allotted sugar intake. Keep walking EVERY day to lower my blood pressure	70%	Yes	I feel good when I walk every day and if by chance I miss a day of getting my step goal, I get a little upset with myself.
Linda Sacre	decreased activity/decreased socialization (very little Pickleball!!!)	actually get up to perform planks (and skip rope outdoors if weather permits).	70%	Yes	i feel my core getting stronger and i was able to skip rope longer after the 3rd effort.
ClinicianK	The pandemic...worry about my patients, friends, family. Not being able to get together with friends and family.	Jogging at least 4 times a week	70%	Yes	Jogging helps me clear my mind, it's a physical release of emotional energy. I'm only at 70% because the week isn't over yet.
ASHLEY	COVID 19	Meditation and anxiety resolution	100%	Yes	I have a feeling of overall relief
Britta Baron	gaining a few unwanted pounds	trying to limit portions	60%	Yes	Some clothes feel better than before
Real	Watching my youngest daughter struggle with the remote of on-line classes.	Reminding myself that some things are out of my control, and not to let that beat me down.	40%	No	Made some progress in what I can not control
Hope	A lot of energy was focused into helping others and not caring for self.	Exercise 5 days per week.	100%	Yes	Increased energy and will power
KDW	covid, laziness, became sedentary and depressed.	I joined BeachBody 3 weeks ago and have been doing at home workouts. I plan to continue that, and work on my nutrition.	100%	Yes	I have more energy.
Grace	The state of this country over the past year between COVID, political agendas, and overall divide has been hard on everyone. Personally, I have had a great year full of positive changes for the most part but my focus over the past 6 months has not been on fitness and my physical health. I had been exactly where I wanted to be late last year but due to my focus being elsewhere I am unfortunately not where I need to be physically in order to feel healthy and at my best.	I began to focus more on my physical health over the past couple weeks. I will continue to maintain this and work daily to get some sort of fitness in. I have been working to increase my activity levels by joining a new gym, going on extra walks or hikes and getting out in the kayak.	100%	Yes	I am starting to see results as I build my new routine and I have a lot more energy overall.
shay	lack of motivation	walking once a day starting May 1st	90%	Yes	One medical challenge resolved

Chelsea	The gym being shut down and the kids not being in school full time.	I will work out at least 4 times a week.	10%	No	I feel like a failure and I should have worked out today but instead I did not get out of bed.
AURORA BROCHU	PHYSICAL ISSUES RESTRICTING EXERCISE, POOR EATING HABITS	TAKE MORE WALKS AND USE NEW STATIONARY BIKE	70%	Yes	LEGS WERE TIRED BUT FEELING STRONGER
Rachel Brooks	Less exercise	Add at least 2-3 extra cardio sessions than I have been doing over the last year.	70%	Yes	I feel like I am starting to get my life back. So far this week I have added 2 extra cardio classes already and it's only Wednesday
Lisa C	My greatest challenge was the social isolation of working from home. Even though my kids were all sent home from college to continue their education online, not having medical colleagues around to discuss challenges, bounce off thoughts and ideas or even just to laugh with was very difficult for me. And you cannot talk about what you are doing with family due to HIPAA and they would not understand anyway.	I started walking several miles a day, taking the dogs for walks. I want to continue to do this but not have it feel like a chore.	50%	No	Not yet. Still feels like a chore.
Rhonda	Not being able to go to Zumba classes.	I am going to try to workout at home at least twice a week.	10%	Yes	Knowing I have a plan.
Norman Cogswell	Covid	Watch less news	10%	Yes	Not watching all the one-sided news is a relief
Kristen	COVID stress led to me eating whatever I wanted with no real exercise plan. Hence the COVID-30 has hit!!	Actively getting my steps in... walking outside, inside, moving period and mindfully eating.	10%	No	This is my first declaration... so I can only go up from here
Cindy	Working from home and having easy access to the fridge and food in the house compared to being in the office and only having available what I brought with me.	Weekly check-in at Weight Watchers and tracking me food I eat	100%	Yes	Sleeping better and feeling better about myself
Jessica Walsh	Working remotely has created challenges for me including more access to snacks and less movement than was prior in the office setting.	Make a conscious thought to be active at least 30 minutes a day, whether it be a short walk, a game of HORSE with daughter or a family game of Wii.	100%	Yes	Feel more energized and less sluggish.

	Is the pandemic too broad an answer? If I have to be more specific, my husband has struggled with major depression for decades, and about every 10 years or so the meds that he takes stop working. Usually, this manifests as a few months where he gradually struggles more and more, followed by a pharma change and then 2-4 months while he gradually gets back on an even keel. Whether it was coincidence or not doesn't matter, but he seemed to enter another phase where his meds weren't working in April/May 2020, and he's gone through the last almost-entire-year try another new med, then TMS, and also another, different new med. He is in regular contact with his psych specialist, but even so, it can be a mine field - I never know when an innocuous comment from me can set off his defenses. It has been very stressful for me to be trying to hold myself together, as well as be available to counsel him on his bad days. The bad days were every 2-3 weeks, then weekly, and seem to be twice a week now... At least COVID has not been a big issue for our immediate family, other than a handful of extended family members having mild cases. My Beacon Wellness Coach has been a HUGE help for me!	Signing up for the other Beacon Wellness offerings! I signed up for the Monday 15-minute walks with Dani, and the Tuesday and Wednesday yoga sessions with Cari - knowing that they're offered by my employer makes me feel as though it is ok to take the break during my workday.	90%	Yes	Pleasantly sore after the first yoga session! Also, I notice that sitting at my desk isn't as uncomfortable as it had been in the past few weeks.
Farm Girl					
Scott	Not being able to get out and socialize with friends and family.	More interaction with family and friends in a safe way but still social distancing.	50%	Yes	Not so alone or trapped at home.
Bryanne	Mental Health	Making time to set aside for exercise and/or other activities that I enjoy without distraction daily.	50%	Yes	I have participated in 20 minutes of yoga each day. I find that this helps with muscle aches and my sleep has improved.
Jacki Gillen	Not seeing my family in Nova Scotia.	Stretch more and get outside,	30%	Yes	More people are getting vaccinated every day!
Kim	Getting enough exercise each week.	Move more throughout the day/week	70%	Yes	I feel like I am finally getting back to moving and my mood is better
Peter Wells	Plantar fasciitis and myofascial pain syndrome (back pain).	Walk more, get up to 11k steps every day.	100%	Yes	Feeling a sense of accomplishment.
Emmie	Covid	Try to move more	50%	Yes	I took a walk
Mary V	not getting up from my desk	take a 10 minute walk up/down my street at least once during the work day; and if weather does not permit, a 10 minute walk on the treadmill	30%	Yes	Getting my head out of work and my body out of the chair for even ten minutes other than lunch break helps my focus when I sit back down.
Angela	Finding time to exercise.	Schedule a time to workout every day.	100%	Yes	I have been sticking to my workout schedule.

JW	Being pregnant	...	100%	Yes	Yes.
Tori	New pregnancy	Going for more walks	10%	Yes	Feel more active
Deann	my mental health has taken a huge down turn	make it a goal to get outside and do more of the things I love	80%	Yes	Just making a plan has helped a bit with this struggle
III	The whole covid 19 experience, non medically educated people think they have all the answers. The media driving the hysteria level to its breaking point.	It is going to take a lot more than 6 weeks to recover from this year. To answer you question I going to take time away from home, work, social media, the media and just get away into the woods	100%	No	Because no matter what steps you take the things listed above will remain a constant reminder and start wearing us down again
Miss Sleep Deprived	Lack of sleep	Utilize Virgin Pulse Health Journeys relating to improving sleep; also, read a book focused on improving sleep	10%	No	4/28/2021: program just started today.
Jen Trumbo	Not being comfortable going to the gym!	Adhering to my outdoor exercise schedule at least 4 days per week.	50%	Yes	It has been nice to get the sunshine, especially now that the weather is warming up.
Katie	Pregnancy and postpartum	Atleast 30 minutes of exercise 5 days a week and 2 liters of water daily	50%	Yes	Starting to get up and move around more. Can start exercising officially next week
Lenore Kraus	weight gain	Pay attention to calories every time I eat	40%	Yes	Even though I wasn't 100% successful this week so far, I feel like it was an improvement over the week before. And I think this program increases my confidence that I can continue on to meet my weight goal.
Tiffany B	Staying active.	Workout or go on a walk at least two times a week.	50%	Yes	It made me feel good to take steps towards getting back into shape.
Stephanie Homon	Getting out in the community to socialize and train my dog, Ace. We were in the midst of Therapy Dog certification training when COVID hit. Our goal was for Ace to become certified so that he can volunteer to visit patients at Mercy as well as my husband's workplace (nursing home). This training was so positive for my mental health.	I will take Ace out of the house to various locations to train him in public, at least once per week	100%	Yes	I was so proud of my boy Ace for remembering a lot of his training, this really lifted my mood.
tyee	diet	diet and exercise	60%	Yes	more energy
Wendy Batchelder	This pandemic and no willpower when it comes to the sweet department	Exercise more and start having better eating habits	40%	Yes	Feeling less sluggish
Dawn	Dealing with lower joint, lower back, and hip pain.	Try to stretch daily.	100%	No	Injuries from military deployments. Sometimes I can manage the pain.
Shannon	Negativity in the news/media	Set timers on my phone for social media	50%	Yes	My brain feels rested â~9i, 2
sharon	not being able to see family	get outside more	10%	Yes	haven't started yet
Shannon	Death of several family members	Increase the amount of exercise as well as finding new healthy recipes.	70%	Yes	Have more energy and noticed I can walk for longer distances without getting winded



Corey	Shoulder pain	Pt	100%	No	Still pln
Emily Treadwell	Not feeling comfortable going out in public, and not being able to see loved ones	Try and to work out at least once a week	70%	Yes	feeling more comfortable going out since it is nicer outside
Erica Dale	Not being able to see my family who live out of state and not being able to do normal things with my kids.	Make more time to talk to my family who I don't get to see instead of spending time on social media.	20%	Yes	I spent some time talking to my grandparents on facetime and I can tell they enjoy seeing my kids which makes me happy.
NMM	Lack of willpower	More veggies, fewer carbs	10%	No	I haven't started yet!
Malissa Wilson	Anxiety over the state of the world.	Do something that is active to work out the extra anxiety.	30%	Yes	I am more in control of my nervousness.
Matthew Pirie	Busy/Stressful work/family life. Changing lifestyle due to the pandemic.	Eating better and working out 5 days a week.	90%	Yes	By being more physically active--I have more energy and feel happier.
di	covid restrictions	more walking	30%	Yes	heart healthy and energy
Sean Kelly	Stress and food.	Work on eating a better, more well rounded diet with less junk food.	10%	Yes	I seem to have a bit more energy. Still no weight loss but that will come.
Stephanie Trowbridge	Not being able to travel or see my friends and family	Make time to talk to my friends and family even if it's over the phone. Travel inside of New England	50%	Yes	I have more motivation and energy
Elizabeth Tinkham	Stress	Joined Noom, tracking food and exersize.	100%	Yes	First step down, starting on my program
MPoplaski	Healthy Eating	Tracking Food Daily	100%	Yes	Stomach Problems Feel better.
Kim	Having more friends join the virgin pulse program	get on my gazelle each night to increase my steps.	20%	Yes	setting a goal will increase my chances of succeeding
Mary	Weight	Exercise more	30%	Yes	More energy
Joedon	weight gain	going to try to get my walk in daily if not then at least on the weekends	30%	Yes	feeling better knowing that I can get out there and do some walking again. I am getting married in September and would like to look and feel better for it
Cat	Finding purpose in the work place	Start the day with greater anticipation of it being a good day; analyze my values and see if it still aligns with my company; take more time to engage with my coworkers	100%	Yes	I enjoyed the day more and felt a renewed appreciation for my work
Sean Hall	New job and travel restrictions	Hike more	80%	No	Still feeling stressed and overwhelmed
Maci	Divorce, new job, new career	Walk 3miles 3 times per week	100%	Yes	H
leslie treadwell	exercise	exercise	100%	Yes	by doing things outside
CALLIE	everytime you came into work, new rules...keep changing..nobody knew what was going on..some people follow the rules and others dont't.	to be honest,other than work mostly,i have been fine. as a matter of fact the slow down of life was well needed. things I didn't make time to do, got done. down to one job was nice for awhile.	10%	Yes	i always feel things could always be worse, so why stress about things. make the best out of a bad situation. i feel fine and what be will be.
Ann Geiser	Not seeing my parents for a teR	Work towards being more active in my friends lives again	50%	Yes	Happier
VM_2021	Stress in the workplace due to short staffing	I am going to do breathing exercises at least once daily and get fresh air walks at lunchtime daily	30%	Yes	More relaxed and feel clearer headed when I come in from walk

Wendy	A goal to loss the weight I gained after smoking	I have joined a wellness group	100%	Yes	I have had more energy. A positive attitude
NMason	Inability to participate in activities in person	Daily participation in some form of exercise.	100%	Yes	Being able to participate again in groups.
Stacey Wigmore	Being able to get up and move around at work	Making sure I get up and move more at work whether it's just a 5 min break	70%	Yes	Taking more of screen breaks at work I'm not in such a fogg brain state of mind
Abby	stress	meditate, exercise, eat better	70%	Yes	more energy
SNBUTI	Being stuck at the house	Do my balance exercise	90%	Yes	Been meeting my daily goal
JT	Being consistent	Exercising 5x/wk	80%	Yes	Sense of accomplishment
Ameshet	anxiety over covid	get second vaccination, continue following CDC guidelines for safety	50%	No	2nd vaccination is 5/4
Amy Lilley	Stress from dealing with all COVID related things like wearing masks and faceshields for work, limited interaction with family and friends, watching my son's senior year in highschool be one disappointment after another due to COVID. You get the picture.	I have not been sleeping well, finding distraction in reading or other things to avoid COVID. I need to get back to a much healthier sleep schedule. My goal is to get at least 7 hours 4/7 days a week or more.	70%	Yes	More rest is better energy and more patience for my family and work.
samantha white	the anxiety I've developed	getting back into walking, and hopefully running	10%	Yes	I feel accomplished
Kayla Eastman	COVID and not being able to do much as got be motivated to work on myself physically this year. Virgin Pulse helps, too.	Work out 4 times a week. Eat healthy.	100%	Yes	I have more energy and am able to do things without feeling tired. Lost weight as well.
Josh Fitts	Weight gain	Count calories, eat healthier, get daily exercise.	100%	Yes	I've lost some weight and feel momentum and confidence
Chatty Cathy	Stress at work, which lends to poor eating habits, disrupted sleep, and low energy/motivation.	Get outdoors, breathe some refreshing air, and get moving.	70%	Yes	Slightly more energy/motivation.
strong20	Watching the kids miss out on so many things.	Take joy in getting back small portions of normalcy.	70%	Yes	Getting outside and being allowed to watch a sporting event and seeing other parents do the same.
Positivity	The concern of getting Covid and my family members possibly getting Covid. Concern whether any of us would struggle and possibly die.Stressed.	Walk everyday with friends.	100%	Yes	everyone in my family has received both their shot or soon will be getting their 2nd shot.
Omm Stilwell	Prioritization of personal health and wellness activities.	Commit to 3x exercise every week.	30%	No	Essentially unchanged at present partly due to lack of success.

Kay	Perfectionism. I have been a perfectionist my whole life, its the way I was raised I suppose. I feel before Covid I had that mostly under control. I had a great job and a pretty good work/home life balance, therefore my perfectionism felt pretty controlled and I genuinely felt I did well balancing and ensuring everyone was happy around me. Then Covid hit and it felt as though I had taken on a few more full time jobs, between being a teacher for my remote learning child and having my kids home all the time. I even had my in-laws stay with us to help with the kids while I worked from home, but it still was a lot to manage at once. I instantly felt the pressure of all these full time jobs I had taken on now that life wasn't as structured and separated as it had been previously. While Covid hit and everyone was learning how to live within these new means of living and working, my mind still was on its perfectionist track and it took a toll on me as a person because naturally I wasn't being perfect in each new aspect of my life as I felt I had previously been doing pretty well.	I am going to remind myself daily, each morning when I wake up, that it is okay to not be perfect and it is okay for others around me to not be perfect. More or less reminding myself that I am human and not let my perfectionism control my wellbeing.	60%	Yes	I am feeling better because I am not stressing about things around me that are not perfect, such as not always having a spotless house. I mean, I have children for goodness sakes, its constantly a mess! LOL
Jean Nowak	Keeping my outlook positive	Meditation and Journaling	50%	Yes	I'm feeling more grounded, which helps me from reacting emotionally to the small bumps in the road.
Mindy Anders	Lack of social interactions, even in simple tasks like grocery shopping.	Yoga - every day	80%	Yes	Feels good to stick to routine to achieve goals
Irene Reynolds	Being a work alcoholic and not sitting all day	Drink more water and move on lunch	50%	No	I fell tired and bored
Joanie	Change in jobs. Being removed from direct, beside care.	Plant a small garden.	10%	No	I have not taken the first step yet.
Sheila	Moving and adjusting to new place, job, being away from family.	Moving more	10%	No	I should've done more, but I was traveling.
Mary	Avoidance of people.	Fresh air and sunshine.	30%	Yes	I feels good to get outside and take a walk without freezing.
Rachel	The immensity of the unknown ahead of us. This pandemic and all of the challenges associated with it (financial, social, emotional etc) are unlike anything most of us have experienced before. The daunting realization that no one knows when normalcy is coming back has been very challenging to accept over the last year.	Exercise helps me feel more grounded, so I will make attempts to be active each day. This may be a short walk outside some days and a structured at-home workout class other days. But I will attempt to exercise to alleviate stress and recover a greater sense of wellbeing.	70%	Yes	After a week off from exercising due to a neck injury, I was able to start moving my body again. I could feel the emotional release from the endorphins and can tell my eating habits are back on track too.
Marcia Colombo	Losing my Mom	increase my daily exercises	20%	Yes	Feel better after I exercise

Rachel M	The biggest challenge for me has been the lack of social outlets and being able to gather with family and friends. I recently saw my 94 y/o grandmother for the first time in a full year and I was overjoyed. Not being able to meet a friend for coffee, go out for a meal, take a trip out of the state to see family or gather for holiday celebrations has been especially hard. When I do see people, I love a good hug and the lack of touch has been devastating. I am lucky that I still work in-person, get to see other faces (eyes!) regularly and have only had to use Zoom a few times per month to stay connected. That said, my tolerance for sitting behind a computer to talk with someone on a screen is limited. I'd rather skip a Zoom call than be on a screen for an hour which adds to the lack of socialization. Interestingly, I turn to my phone screen more frequently, because of the brain-numbing entertainment which requires nothing back from me. I hate getting my screen time report each week and seeing how high the average is.	I really resonate with the idea of cutting back on use of social media for mindless scrolling. I will learn to set time limits on my phone. Once I meet these limits, I will put my phone away. When I'm not glued to my phone, I will have more time to channel into meaningful time with my partner, connecting with family and friends and doing other activities that bring me joy.	10%	Yes	I feel better setting this intention. It makes me feel lighter to know that I will be freeing myself from the addictiveness of social media.
Sarah	Being off of my routine, working more hours than usual, having little to no me time , not eating as healthy and not having down time .	I would like to take time to be outside a few minutes everyday, whether it's for a long walk or just being out in the fresh air for 5 minutes.	20%	No	I did not take as much outside time this week as I wanted to.
Kimberly Archer	Thyroid function, no gyms open locally, lack of childcare	Riding my exercise bike 30 minutes per day, working in my garden, taking baths, playing my guitar.	100%	Yes	I feel more accomplished, and more settled, I was unable to go to the gym, but I've been exceeding my goals set with my smart watch, and activity goals per day are quadruple what they have been.
CovidCouchPotato	I've had a really hard time finding the motivation to move my body. Pre-pandemic I was managing about 3ish good work outs and almost daily walks. Since we started WFH and things were closed down I've embraced being a CovidCouchPotato! Along with that has come a lack of energy, extra pounds, a general feeling of discontent and a whole pile of self loathing (in spite of repeated attempts to be gentle myself).	Great timing! This past weekend I purchased a stationary bike that I can use at my WFH desk. I also recently treated myself to an apple watch since my beloved fitbit bit the dust. I've been doing yoga but the biking will help get movement and the watch helps with tracking and goal achievement. I just want to start with 10k steps daily and moving more throughout the week.	100%	Yes	I've been pedaling throughout my work day and my legs are getting that good tired feeling. Bonus is that I already feel like I have more energy and a better outlook.
Dick Polk	Weight	Portion control	50%	Yes	Pants fit better
ADM	Emotional/Physical struggles relating to the Pandemic.	Get active at least 5 times a week for a minimum 30 minutes a day.	90%	Yes	Getting active, especially in the nicer weather, instantly lifts your spirits/mood.
Kimberly	Not spending time with friends and family	spend more time outside and start an exercise class	100%	Yes	proud of myself and being out doors in the good weather makes me feel more positive
Sandy	Isolation	Increase movement	50%	Yes	Moving makes me feel better

mary a	diabetes	get up and move	20%	Yes	blood sugars are starting to come down
Kim Newey	Not drinking alcohol	I am going to walk my dogs every day	80%	Yes	I am able to walk and enjoy my surroundings
hlynn	lack of motivation	taking time for myself to fir in exercise	50%	Yes	feeling a little more motivated
Carol	Not being able to see extended family.	Now that I'm vaccinated I can get together to see family and friend.	70%	Yes	I feel rejuvenated by seeing friends and family and laughing.
Carey	Not being able to be out with family and friends	Get more active	50%	Yes	Just more motivated to get into a healthier pattern
Sharrel	stress, work/life imbalance causing anxiety	trace work hours to evaluate and identify work flux for the purpose of tools/plan to reduce salaried role overtime daily and on weekends	70%	No	overtime this week at 4/30/21 AM 5.01 hours not including 4/20/21 work and need to work 5/1/21 to catch up work load, successful in tracking and conversations with supervisor
Kathy Beller	finishing my BSN-finished!!covid-19 and other stresses at work has made me spiritually fatigued	yoga daily walk 3x week ( 5 miles)swim	90%	Yes	I've been having internal dialogue about ittaking action is helpful
Annie	Too much info coming thru my phone	Cleaning out phone of apps not needed, subscriptions not used and cleaning out mailbox	20%	No	not enough done. want to clean out email every day
Peggy	My motivation to keep exercising.	Setting a time to exercise and following through with it!	50%	Yes	I am motivated to start working on my health
Christopher	Staying committed to my chosen healthy lifestyle.	I am recommitting to my chosen healthy eating lifestyle. Starting by eliminating dairy from my diet. I am also committing to an exercise program. So, eliminate dairy from my diet. Eat plant based. Exercise at the gym four times a week. Exercise outside or at home three days a week.	50%	Yes	The first step of deciding what changes needed to be made has happened. I started this accountability thing late in the week so claiming 50%. I have eliminated dairy so far. I have only exercised one day outside so far. I have plans for exercise today after work and again both days this weekend.
sue	lifting weights	start to lift weights	50%	Yes	Eating better , sleeping better
Patty Mac	The inability to walk with friends that are not in my COVID bubble.	Walk 5 days a week even if I have to walk by myself.	100%	Yes	I have more energy!
Nicole Bailey	stress and increased work demand	15 minutes of self care after dinner and before bed	50%	Yes	going to bed with decreased stress and more time for reflection/self care
EL	Weather	Learn to enjoy the seasons, gear up and venture out...	30%	Yes	More Energy
Randy Wilson	Stress from a global pandemic.	Find healthy ways to relax and control stress.	60%	Yes	I have been taking time to have fun with my son by playing disc golf.
Desperately Seeking Water	I have struggled with staying hydrated. Wearing a mask all the time has made it difficult to consume as much water as I should. As a result, I have been suffering with kidney stones.	I have a new large water bottle that I will refill twice during my shift. My goal is to drink one in the morning prior to my lunch break and one in the afternoon. I will also add a glass of water when I get home before I eat dinner.	50%	Yes	I was only able to get in about half of what my goal was, but I feel better knowing it's more than what I was doing before. I also know I'm more likely to succeed next week by being held accountable.

Jessy	My pregnancy with our daughter!	Do something for myself daily. Take time to process.	60%	Yes	More aware of taking the time to do what is needed.
Suzanne	Job changes	Eat fruit and stretch	50%	Yes	Holding myself accountable
Vanessa	Newness: new home, new town, new schools, new career, new schedules, new routines, new degree program, new friends, new employer, new deaths, new grief. COVID was a bomb and the rest that followed has been a shockwave to my life that I can seem to get ahead. It has completely turned our lives upside down and I've been struggling to cope with all the newness.	Remind myself where I started, where I am and that I am living now throughout the chaos, and I can't wait until the dust settles to live, because then the show will be over.	100%	Yes	In the past, I have constrained myself to doing very little when I feel out of control of the things happening in my life, because I am afraid of further chaos. This past week I didn't allow myself to be afraid to do things, or lock myself up to clean during my days off, so I am feeling in control and accomplished.
Kim Paulus	Being unable to get out of my house. I am very social and I've missed being able to go to festivals, talk with people, meet with people in a conference room.	Exercise 30 minutes a day, three times each week	50%	No	I've had back and leg pain issues due to adjusting to a bunionectomy. This week, I will make sure I meet the goal. I am also seeing a physical therapist this week, so he will give me some exercises to work on, I'm sure.
Michaela	I struggle to eat healthy, it is hard to make time to eat fresh and healthy food when you are so busy with work and family.	Four times a week I want to make myself a healthy meal with all fresh ingredients.	100%	Yes	I have been going for walks almost everyday this week.
JEANNIE HOPKINS	Managing my time.	I want to be able to exercise more.	70%	No	I need to exercise more.
Susan Cullen	less exercise due to Hip dysfunction and surgery	slow and steady progression of exercises to strengthen muscles to return to athletic function	100%	Yes	I am progressing slowly, successfully, and in disciplined manner, toward goals
Grace M.	Increased stress has caused a lot of negative physical symptoms.	I am going to start meditating twice a week and increasing it by one day each week.	50%	Yes	Meditating at the end of the day has enabled me to let go of any stressful events that occurred that day. It brings a greater sense of calm and has been a great way to go to sleep without all the thoughts coming up.
Amy	The most challenging event this past year was losing my Dad at 78 years old to Parkinson's Disease and not being able to hold a proper visiting hours or large funeral for all of his family and friends. He was liked and loved by so many and one of the absolute nicest humans on this earth. Not giving him the proper farewell was devastating.	I am going to start walking more. At least 3 times a week for an hour, shooting for more but starting with this. I have incorporated a massage every 3 weeks into my self care routine over the past several months and see my chiropractor every 2-3 weeks for adjustments to my neck and lower back. These have both helped me maintain a reasonable, positive outlook on the future during this incredibly overwhelming and challenging year.	80%	Yes	Walking helps release stress and the fresh air clears my mind. A massage works out the stress and toxins from my body which is an overall cleansing and pick me up. :-)