HIGHMARK SHARECARE CHALLENGES - MAY

- **5K a Day** begins: Track 155,000 Steps
- **Better Breakfast** begins: Track for 28 days
- **Spring Clean Your Routine Challenge** continues this month: Goal: 75 Green Days
- **Spring Into Action Challenge** continues this month: Goal: 300,000 Steps
- **Smart Goals** begins: Track stress for 21 days

- **Rise and Shine** begins: Track for sleep for 21 days

- **10 Day Meditation Challenge** begins: Track for 10 days

- **Better Breakfast** ends
- **5K a Day** ends
- **Spring Clean Your Routine** ends
- **Spring Into Action Challenge** ends
- **Smart Goals Challenge** ends