



UTAH NATIONAL GUARD

JOINT FORCES HEADQUARTERS
 12953 MINUTEMAN DRIVE
 DRAPER, UT 84020

NGUT-SEL (RN 135)

14 November 2022

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: FY23 Utah National Guard Senior Enlisted Leader Holiday Health and Fitness Challenge

1. Purpose: The FY23 Holiday Health and Fitness Challenge (HHFC) is designed to promote improved physical readiness and holistic health throughout the Utah National Guard (UTNG). Our people are our most important assets, and health and fitness are critical components of the total service member concept within our Profession of Arms. The HHFC will provide a platform to sustain our holistic health and fitness within the UTNG which will enable us to remain an agile and adaptive force. The HHFC will begin on 21 November 2022 and end 31 January 2023.

2. The tasks and points are as follows:

a. Daily Tasks/Challenge Points (worth 1 point each)

DAILY TASKS (1 point each)	TOTALED AT THE END OF CHALLENGE
Per 1 mile/run; 3 miles/bike; 2 miles/walk, 1.5 Miles Ruck March 35lbs+	3 points per pound lost
Per 1000 lbs lifted (i.e., 10 reps with 100 lbs = 1000 lbs)	3 points per muscle mass gained
Call a loved one/subordinate/coworker	10 points Download SafeUT App
1:00 plank	10 points Financial Literacy Training
Entire day, no soda/alcohol/energy drink (As applicable)	10 points ACFT Score Recorded in DTMS (Diag/Record)
	20 points Attend 2 H2F Clinics at Camp Williams
	30 points Keep a New Year's Resolution through January

b. Bonus points

2X POINTS FOR THE DAY (Complete ANY)	4X POINTS FOR THE DAY (Complete ALL)	2X POINTS FOR THE SHFC (Complete ANY)
Drink 8 glasses of water	1 mile minimum	Drop 1:00 off 2-mile time
Eat 5 servings of vegetables	Drink 8 glasses of water	Improve 2 ACFT events by 20%

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No processed sugar	Eat 5 servings of vegetables	Improve FIT Test event by 20%
10-minute meditation	No processed sugar	4 Sessions of PT per week
7+ hours of sleep	10-minute meditation	

3. Participants will track their progress on the Holiday Health and Fitness Tracker and submit to jessica.a.ferre.mil@army.mil no later than 6 February 2023.

4. Prizes: Participating in this challenge will provide members of the Utah National Guard with an opportunity to set goals, define areas in which they need to improve, and maintain healthy activities throughout the holiday season. This challenge is for team building purposes and to increase our physical readiness. Prizes will be award based on the number of points earned throughout the challenge.

5. POC for this memorandum is the undersigned at spencer.d.nielsen2.mil@army.mil or 801-432-4410.

3 Encls

1. Health & Fitness Tracker
2. Fitness Challenge Summary
3. Financial Literacy "How to"

SPENCER D. NIELSEN
CSM, UTARNG
Command Senior Enlisted Leader