

Men's Health 21-Day Challenge

Welcome! Compete with your team, track your progress in the YuMuuv app.

There are many ways to score points throughout the challenge.

FOUNDATION

PREVENTATIVE HEALTH SCREENINGS: Attend or schedule appointment(s)

Points: 1 appointment = 44 points, Challenge Limit: 220 points

Examples: colonoscopy, annual well check, blood/lab work, prostate screening, blood pressure, vision screening, review and update vaccinations.

Note: If you already completed your annual well check in this calendar year (e.g., April 2026), that would count as one of your preventative health screenings.

DAILY

WATER DRINKING: 12 cups daily*

Points: 12 cups = 44 points, Daily limit: 44 points

*Or meet personal fluid needs as prescribed.

Note: 1 cup = 8 fluid ounces

HEALTHY COOKING (or meals): At least one meal per day

Points: 1 meal = 44 points, Daily limit: 44 points

Examples: meals with at least one serving of fruit or vegetable and use healthy food prep method (air fry, bake, grill, stir-fry, broil)

Note: This can be a meal you cook, eat out or that someone else prepares.

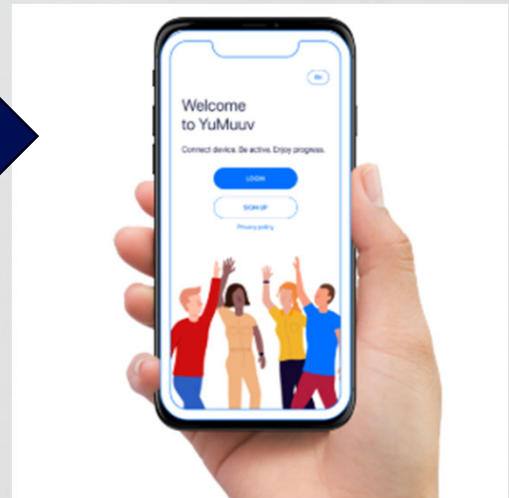
EXERCISE MINUTES: Any type of physical activity

Points: 44 minutes = 44 points, Daily limit: None

Note: If you use a wearable device and sync it with the YuMuuv App, your activity will automatically sync with the app.

SLEEP: At least 7+ hours per night

Points: 7+ hours = 44 points, Daily limit: 44 points



Office of Human Resources

Wellness Initiative for Faculty and Staff
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WELLNESS SUPPORT

CREATIVE ARTS: Any type of creative activity

Points: 14 min = 14 points, Daily limit: 28 points, Challenge limit: 140 points

Examples: sing, play an instrument, attend a play or concert, paint or draw

MINDFULNESS : Any type of mindfulness activity

Points: 14 min = 14 points, Daily limit: 28 points, Challenge limit: 140 points

Examples: journaling, meditation, faith-based activity

BOOK READING: Any type of reading professional or personal enjoyment

Points: 14 min = 14 points, Daily limit: 28 points, Challenge limit: 140 points

Examples: magazine, journal article, newsletter, novel

FINANCE TRACKING: Any type of financial review

Points: 1 day = 14 points, Daily limit: 14 points, Challenge limit: 70 points

Examples: budgeting, retirement planning, savings, debt reduction planning

SOCIALIZING WITH FRIENDS: Any kind of time together with friends

Points: 14 min = 14 points, Daily limit: 28 points, Challenge limit: 140 points

Examples: attending sporting event, checking on friend (call/text), taking a walk, out for coffee, having a meal together

Questions? Contact wellness@syr.edu

App Challenges? Contact support@yumuuu.com

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