

2025 MoDOT/MSHP Total Health & Wellness challenges



Get inspired and earn rewards through healthy living

In 2025, the MoDOT/MSHP Total Health & Wellness program includes monthly challenges to help you practice healthy habits all year long.

The monthly *It Pays to Be Well* newsletter will include details for each of the challenges listed on the other side.









It Pays to Be Well (IPTBW) challenges

Throughout the year, you can earn prizes for completing special IPTBW challenges. **Complete all four IPTBW challenges and you'll get to choose either a MoDOT/MSHP 1/2 zip pullover or a premium 24 can cooler bag (to be awarded in early 2026).**



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Month	Monthly challenge	Prize
January	Checklist challenge	
February	 IPTBW Challenge: Scavenger Hunt February 1–28 <ul style="list-style-type: none"> Complete the scavenger hunt. Turn in the form by Friday, February 28. 	<ul style="list-style-type: none"> \$10 digital gift card Entry to win one of 10 grand prizes valued at \$50
March	Nutrition Rainbow challenge	
April	Sleep Health challenge	
May	 IPTBW Challenge: Be Well — Healthy Mind steps challenge May 1–June 1 <ul style="list-style-type: none"> Visit the MoDOT and MSHP Total Wellness page or scan this code to register: Walk at least 9,880 steps per day and log your progress. 	<ul style="list-style-type: none"> Entry to win one of five premium fitness devices valued at \$50
June	Hydration challenge	
July	Skin Health challenge	
August	 IPTBW Challenge: Bingo and Health & Wellness survey August 4–15 <ul style="list-style-type: none"> Complete the Health & Wellness survey. Turn in completed bingo card by Friday, August 15. 	<ul style="list-style-type: none"> For five-in-a-row bingo: \$25 digital gift card For blackout bingo: entry to win one of five grand prizes valued at \$50; those who don't win will receive a \$40 digital gift card
September	Be Well steps challenge	
October	Cancer Prevention challenge	
November	Diabetes Prevention/Management challenge	
December	 IPTBW Challenge: Be Well steps challenge — Holiday Hop December 2–15 <ul style="list-style-type: none"> Visit the MoDOT and MSHP Total Wellness page or scan this code to register: Walk 10,000 steps per day and log your progress. 	<ul style="list-style-type: none"> \$20 digital gift card

Have fun all year while building healthy habits

If you have questions about the monthly challenges, please reach out to your Wellness Champion. To find contact information for your Wellness Champion, visit the [Total Health & Wellness website](#), then select **Wellness Champions list by district/troop**.