

# 2025 EUTF Self-Care Challenge

May 5 – 30, 2025



Scan the QR code  
to learn more.

## Join the EUTF Self-Care Challenge and Transform Your Well-Being!

Are you ready to embark on a journey of self-care and personal growth?

Join our 4-week "Self-Care Challenge" and dedicate just 30 minutes each weekday to activities that nurture your mind, body, and soul.

Here's how it works:

[runsignup.com/eutfselfcarechallenge](https://runsignup.com/eutfselfcarechallenge)



### Step 1

## SIGN UP

Register by May 9, 2025

4-week challenge

Open to all EUTF members

18 years or older & HI resident

[Join us for our Challenge webinar kick off event on 4/23 @ noon. Register here.](#)



### Step 2

## COMPLETE & LOG ACTIVITIES

Complete self-care activities

Log your activities each week

30 minutes each weekday

150 minutes each week

Total Goal = 600 minutes



### Step 3

## BE ENTERED IN DRAWINGS

Weekly Prize Drawings:

\$100 Amazon eGift Card

Grand Prize Drawings:

\$300 Amazon eGift Card

See Official Rules for details



[Official Rules](#)



[How to Guide](#)



[FAQs](#)