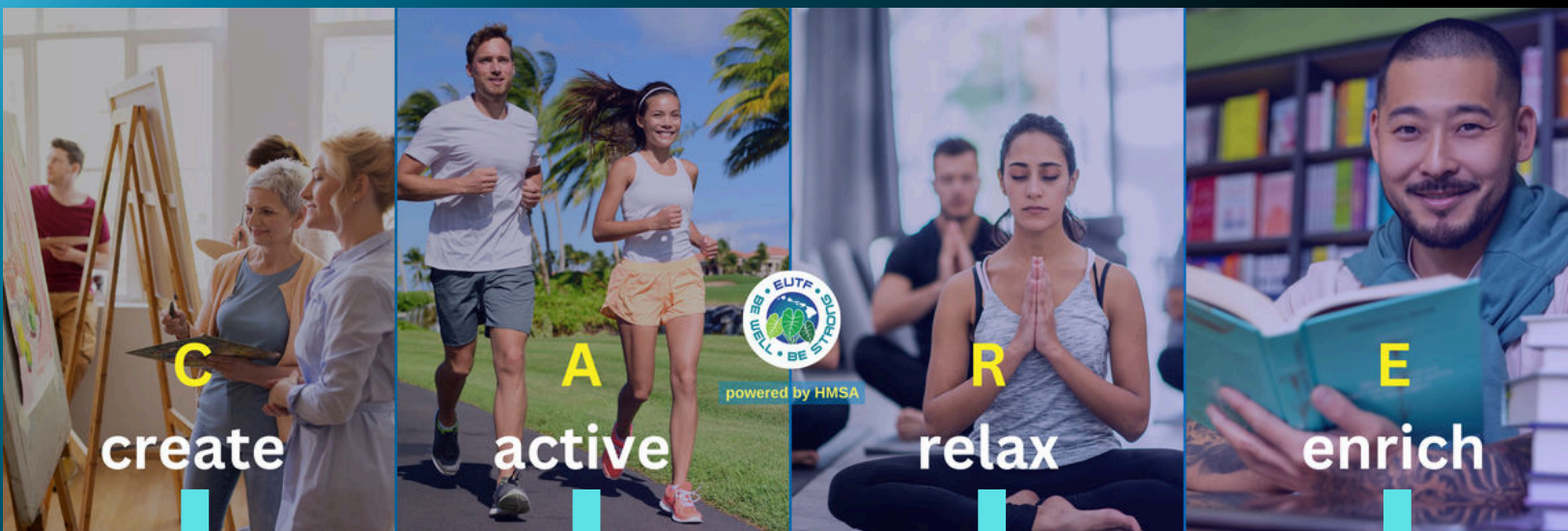


2025 EUTF Self-Care Challenge

RESULTS

powered by HMSA



41,815 minutes

222,400 minutes

64,916 minutes

101,670 minutes



TOTAL MINUTES

430,801



PARTICIPATION

**300 REGISTRANTS
21 TEAMS**



15 WINNERS

**\$2,100
TOTAL PRIZES**



It was great challenge and fun event. It got me going and keeping myself busy with doing other activities and not just walking daily. I will continue on this journey with or without challenges. Thanks HMSA!



Being a part of this challenge helped me to focus more on myself and my own goals. I'd say I accomplished my goals almost everyday during this challenge. Mahalo nui loa EUTF Self-Care Challenge!



The self-care challenge was the perfect reminder to slow down and take care of me—even in the chaos of field trips, end-of-year testing, and report cards. It's so easy to put myself last during these busy times, but this challenge helped me make self-care a real habit. I'm grateful for the push—it made a difference!



Participating in the EUTF Self-Care Challenge was not only fun, but it was also a great way to bond with colleagues because of the competitive nature. It allowed us to work together towards a common goal, while allowing us to be more mindful of our self-care. I really enjoyed participating in the challenge and trying out new strategies for self-care. I hope to continue prioritizing self-care moving forward!