

# 2026 EUTF Self-Care Challenge

May 4 - 29, 2026



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 8, 2026

4-week challenge

Open to all EUTF members regardless of health plan

18 years or older

and a Hawaii resident



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

Self-Care Challenge Prize

Drawing:

Chance to win one of fifteen

\$200 Amazon e-gift cards

See Official Rules for details



Join our 2026 EUTF Self-Care Challenge Webinar on April 22 at noon. [Join here.](#)