

2026 EUTF Self-Care Challenge

RESULTS

powered by HMSA



48,380 minutes

184,040 minutes

47,259 minutes

89,727 minutes



TOTAL MINUTES

369,406



PARTICIPATION

369 REGISTRANTS
33 TEAMS



15 WINNERS

\$3,000
TOTAL PRIZES

Participant feedback:



This challenge came at a perfect time because my dad had recently passed away right before the challenge started and I was out of the gym for 2 months. This motivated me along with a few other things to start going back to the gym since I signed up for a 5 month fight camp. As well as getting back into my creative side with 3d printing and painting.



I was part of an office team. It was great to be accountable to others especially on the days when I didn't feel like doing any activity. The encouragement to do something every day from other team members made a huge difference. It was fun! I would do it, again!



Thank you so much for coordinating these fun well-being challenges! They've inspired me to make healthier choices and helped me reconnect with activities I've always loved but had drifted away from. It's brought a real sense of calm, joy, and clarity back into my days. I'm truly grateful!



I love HMSA webinars, resources, and wellness activities! The webinars have so much useful information and most importantly they have a lot of heart. The presenters genuinely care about all members. The resources and wellness activities motivated us all to make thoughtful and meaningful steps towards mindfulness... Wellness comes in many forms, and HMSA's self-care challenge was a great way to begin summer on a continued positive and uplifting note!