#wtwellnesschallenge

SCOREBOARD

Get 100 out of the 250 points and win a prize! Also, you will be entered in a drawing to win a FITBIT. We will be giving away THREE FITBITS to THREE WINNERS! When you finish, fill out the back and turn it into the Office of Student Engagement and Leadership. Go out and get active!

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| Utilize the weight room for 20 minutes **10pts**AC student worker must sign off.  | Take a yoga class at the AC **30pts**Yoga instructor must sign off.  | Visit Student Medical Services and get your BMI done **20pts**Physician must sign off.  | Participate in an intramural event **15pts**AC student worker must sign off. |
| Go rock climbing **5pts** ***+2 reach the top***Rock climb attendant must sign off | Attend PULSE meeting **10pts** PULSE president must sign off | Go for a swim at the VHAC Pool **25pts**Pool attendant must sign off | Follow PULSE Facebook page **5pts**You can take care of this one! |
| Post your healthy meal of the day on PULSE Facebook page. **20pts**You got this one! | Post a picture of yourself relaxing on WT Student Counseling Services Facebook page**20pts**You got this! | Play a game of racquetball **20pts**AC front desk attendant must sign off | Walk a minimnum of 2,000 steps for the day-take a pic and post on our FB page **15pts**Take care of this one. |
| Check out equipment from the Outdoor Pursuit**5pts**Have this signed off | Play a game of bowling with a friend **20pts*****+3 if you win!***Bowling attendant must sign off | Attend a resident hall event **10pts**RA must sign off | Post a selfie of you working out **20pts**This one is all yours! |

We hope this challenge helped you develop healthy habits and ways to maintain them. Good luck on your adventure to becoming a well rounded college student. Also, good luck on winning the FITBIT!! We will let you know if you are a winner!

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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