



# SLEIGH THE SEASON

## HOLIDAY WELL-BEING CHALLENGE

CHALLENGE DATES: NOV 24 - JAN 4



GET AT LEAST 7 HRS OF SLEEP, 4 NIGHTS IN A WEEK (50 PTS)	WRITE DOWN 5 THINGS THAT YOU ARE GRATEFUL FOR (20 PTS)	SPEND 2 HOURS VOLUNTEERING IN THE COMMUNITY (50 PTS)	TRY A NEW FITNESS CLASS OR WORKOUT VIDEO (20 PTS)	DONATE TO A LOCAL FOOD PANTRY (50 PTS)	HIT 10,000 STEPS IN A DAY (10 PTS)	HELP A NEIGHBOR, COWORKER, OR FRIEND WITH SOMETHING (20 PTS)	RECYCLE OR REPURPOSE SOMETHING INSTEAD OF TOSSING (20 PTS)	NO MORE THAN 4 ALCOHOLIC DRINKS IN A WEEK (50 PTS)	SAY NO TO SOMETHING THAT DRAINS YOUR ENERGY OR PEACE (50 PTS)
DRINK ONLY WATER AND UNSWEETENED DRINKS FOR A DAY (10 PTS)	ATTEND A NORTHWEST SPONSORED EVENT (50 PTS)	GIVE A HANDMADE GIFT (20 PTS)	SPEND 20 MINUTES OUTDOORS UNPLUGGED (20 PTS)	GO TO LUNCH OR COFFEE WITH A COWORKER OR FRIEND (20 PTS)	NO FAST FOOD OR TAKEOUT FOR A WEEK (50 PTS)	READ FOR 15 MINUTES (NOT FOR WORK OR SCHOOL) (10PTS)	SUPPORT A LOCAL BUSINESS (20 PTS)	DECLUTTER OR ORGANIZE A SMALL SPACE (20 PTS)	PARK FARTHER AWAY OR TAKE THE STAIRS FOR A DAY (20 PTS)
DO SOMETHING JUST FOR FUN BECAUSE YOU WANT TO (20 PTS)	STRETCH FOR 15 MINUTES (10 PTS)	GO TO THE FOSTER FITNESS CENTER OR STUDENT REC TO EXERCISE (100 PTS)	DRINK AT LEAST 64 OZ OF WATER A DAY FOR 5 DAYS IN A WEEK (50 PTS)	2 DAYS OF STRENGTH TRAINING IN A WEEK (20 PTS)	TAKE A FULL DAY OFF FROM SOCIAL MEDIA (50 PTS)	EAT AT LEAST 80 GRAMS OF PROTEIN IN A DAY (20 PTS)	TRY A HEALTHY NEW RECIPE (20 PTS)	PAY IT FORWARD - BUY SOMEONE'S COFFEE OR MEAL (20 PTS)	TELL A STRANGER HELLO OR GIVE THEM A COMPLIMENT (10 PTS)
THANK A COWORKER PUBLICLY (50 PTS)	NO MORE THAN 1 HOUR OF SCREEN TIME IN A DAY (50 PTS)	JOURNAL FOR 5-10 MINUTES (10 PTS)	CREATE OR UPDATE A PERSONAL BUDGET (50 PTS)	LISTEN TO A PODCAST THAT INSPIRES OR TEACHES YOU SOMETHING (20 PTS)	SHARE A COMMUNITY EVENT OR RESOURCE ON SOCIAL MEDIA (10 PTS)	SIT IN COMPLETE SILENCE UNPLUGGED FOR 5 MINUTES (10 PTS)	GO FOR A 30 MINUTE WALK (10 PTS)	GET A FRIEND OR COWORKER TO JOIN YOU FOR SOME EXERCISE (50 PTS)	WRITE AN ENCOURAGING STICKY NOTE AND LEAVE IT SOMEWHERE (10 PTS)
LEAVE A POSITIVE REVIEW FOR A LOCAL BUSINESS (20 PTS)	TRACK YOUR FOOD FOR 5 DAYS IN A ROW (20 PTS)	CALL A FRIEND OR FAMILY MEMBER YOU HAVEN'T TALKED TO IN A WHILE (50 PTS)	SEND A HANDWRITTEN THANK YOU NOTE (20 PTS)	HAVE A "NO SPEND DAY" WHERE YOU DON'T SPEND ANY MONEY (20 PTS)	CONVINCE A COWORKER TO JOIN THIS CHALLENGE (100 PTS)	DONATE CLOTHING YOU NO LONGER WEAR (50 PTS)	EAT BREAKFAST EVERYDAY FOR A WEEK (20 PTS)	EAT 3 SERVINGS OF VEGETABLES IN A DAY (20 PTS)	SPEND 10 MINUTES MEDITATING (10 PTS)

MARK OFF SQUARES AS YOU COMPLETE THEM. SHEETS CAN BE TURNED IN DIGITALLY OR PHYSICALLY TO SELENA FOREMAN THROUGH JAN 9. EACH SQUARE CAN ONLY BE EARNED ONCE.

**EARN 800 PTS TO BE ENTERED TO WIN A \$100 WELL-BEING ITEM OF YOUR CHOICE.**  
**EARN 1000 PTS AND BE ENTERED TO WIN A \$250 WELL-BEING ITEMS OF YOUR CHOICE!**

THIS IS ON THE HONOR SYSTEM. BE HONEST - THE FOCUS IS ON YOUR WELL-BEING!