



## *Daily Physical Activity*

Earn points by manually tracking physical activity, of any kind, completed each day:

**½ a point:** No activity

**1 point:** Completing less than or equal to 30 minutes

**2 points:** Completing greater than 30 minutes

**Earn 10 bonus points when you reach at least 30 points in this category.**

**Note:** A maximum of 70 points are available in this category, including bonus points, during the program.

## *Daily Activities*

Earn 4 points each day by manually tracking when you participate in one of the following activities offered by the AWC or on your own

-Fitness classes

-YouTube on-demand

fitness/mindfulness class

- At-home/gym workout routine

Earn 10 bonus points when you reach at least 100 points in this category.

**Note:** A maximum of 130 points are available in this category, including bonus points, during the program.

Add your Points to win prizes!

Level 1 -150 points

Level 2 - 225 points

Level 3 - 275 points

## *Weekly Well-Being Booster*

Earn 3 points each day by completing one of the well-being activities listed on the well-being booster document Earn 10 bonus points when you reach at least 70 points in this category. \*Note: A maximum of 100 points are available in this category, including bonus points, during the program.

# Weekly Exercise



Week & Date	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	Total Minutes Exercised This Week	Total Points this week
WEEK 1 Sept. 1-4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
WEEK 2 Sept. 5-11	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>
WEEK 3 Sept. 12-18	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>	<input type="text"/>

\*Don't forget to  
add your well-  
being booster  
points !!

# Weekly Well-being Booster



Week & Date	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	Total Points this week
WEEK 1 Sept. 1-4								
WEEK 2 Sept. 5-11								
WEEK 3 Sept. 12-18								

\*\*Add your well-being booster points to your weekly points !



# Weekly Exercise



Week & Date	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	Total Minutes Exercised This Week	Total Points this week
WEEK 4 Sept. 19-25									
WEEK 5 Sept. 26-30									

# Weekly Well-being Booster



Week & Date	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	Total Points this week
WEEK 4 Sept. 19-25								
WEEK 5 Sept. 26-30								

\*\*Add your well-being booster points to your weekly points !

Drink 16 more ounces of water than you usually do	Stretch for 15 Minutes the morning	Go to bed 30 minutes earlier than usual	Tell 3 people something you appreciate about them	Have a social media free day
Eat a meal with an ingredient you've never had before	Organize an online game night	Go for a 2-mile walk	Video chat with friends and/or family	Respond to a post/story on @EarlhamAWC Facebook or Instagram
Host an online watch party	Color something from start to finish	Take a 2-hour break from technology	Spend 30 minutes cleaning your room or home	Explore somewhere new (safe during COVID)
Try a new hobby	Don't complain for a whole day	Run/walk a 5k in your neighborhood	Participate in a virtual engagement opportunity online	Identify five flowers/plants/trees in your neighborhood
Say no to something/someone	Get distracted by a movie/book/song	Get rid of 5 things you never use	Make a list of all your accomplishments	Treat yo' self
Explore local street art (safe during COVID)	Listen to Music (at least 30 minutes)	Try something recommended on @EarlhamAWC social media accounts	Go for a 5-mile bike ride inside/outside	Collect things for donation

# WEEKLY WELLBEING BOOSTERS

**Can you accomplish all 30 goals in 6 weeks?  
Make sure you're accomplishing at least 5 a week!**

Earlham  
COLLEGE

Wellness Programs

@EarlhamAWC

