#### 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.

#### 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.

Add your Points to win prizes!

Level 1 -150 points

Level 2 - 225 points

Level 3 - 275 points

# Weeklye

### Fall Into-FITNESS

Registration Open Now! Challenge from Sept. 23 - Nov. 3

Register, download the tracker & start exercising. It's that easy!

Week & Date

SUN.

MON.

TUES.

WFD.

THURS.

FRI.

SAT.

Total Minutes **Exercised** This Week

**Total Points** this week

WEEK 1

Sept. 23-29

WEEK 2

Sept. 30-Oct. 6

WEEK 3 Oct. 7-13

























## Fall Into FITNESS

Registration Open Now! Challenge from Sept. 23 - Nov. 3

Register, download the tracker & start exercising. It's that easy!

Week & **Total Points** FRI. SAT. SUN. MON. TUFS. WED. THURS. this week Date WEEK 1 Sept. 23-29 WEEK 2 Sept. 30-Oct. 6 WEEK 3 Oct. 7-13

> \*\*Add your wellbeing booster points to your weekly poiints!



#### Fall Into FITNESS

Registration Open Now! Challenge from Sept. 23 - Nov. 3

Register, download the tracker & start exercising. It's that easy!

Week & Date

SUN.

MON.

TUES.

WFD.

THURS.

FRI.

SAT.

Total Minutes **Exercised** This Week

**Total Points** this week

WEEK 4

Oct. 14-20

WEEK 5

Oct. 21-27

WEEK 6 Oct. 28-

Nov. 3





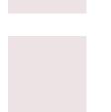














## Fall Into FITNESS

Registration Open Now! Challenge from Sept. 23 - Nov. 3

Register, download the tracker & start exercising. It's that easy!

Week & **Total Points** FRI. SUN. MON. TUFS. WED. THURS. SAT. this week Date WEEK 4 Oct. 14-20 WEEK 5 Oct. 21-27 WEEK 6 Oct. 28-Nov. 3

> \*\*Add your wellbeing booster points to your weekly poiints!

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
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	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!



Wellness Programs

