

STAY WELL CHALLENGE

This interactive challenge is a way to enhance your well-being.
Complete any 10 activities and send your completed passport to bates@uidaho.edu

Start a daily journaling routine	Facetime or Zoom a friend/relative	<u>Give the @uirecwell workout of the day a try</u>	<u>Take an e-Check Up To Go screening</u>	Attend a "social function" via an online platform
Walk outside for a hour close to home	Read a book	<u>Attend a QPR training</u>	Eat at least three fruits and veggies each day for a week.	<u>Try a Darebee Challenge or Nike Trainer</u>
<u>Get 7-9 hours of sleep at least 5 nights in one week</u>	<u>Try a Vandalizing Your Kitchen video recipe</u>	Start a new hobby you have wanted to try	Connect with your support system	<u>Contribute to Where Vandals Roam blog</u>
Clean out a closet, junk drawer, storage, etc.	<u>Attend Mindful Meditation via Zoom</u>	<u>Play Intramural Bingo or trivia</u>	<u>Try a Movin' Monday with Moody</u>	Eat breakfast every morning
Send a letter by snail mail to someone	<u>Do a 20 minute at home workout</u>	Spend time with your favorite pet	Make s'mores with your household	Do a creative project (paint, draw, sing, etc.

Completed passports will be entered into a drawing for prizes. Must be received by April 30.

For more well-being resources visit
uidaho.edu/staywell



University of Idaho
Recreation and Wellbeing