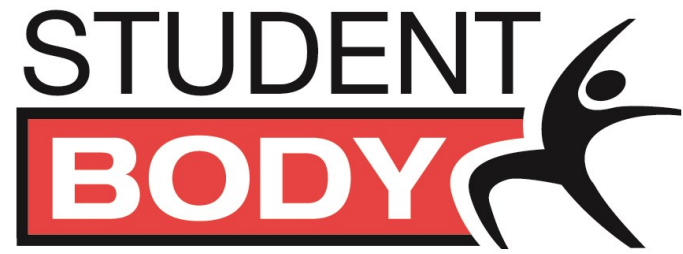


## REAL & RESILIENT YOU ACTIVITIES

1. Express sincere gratitude to someone – 2 points each day
2. Read a fun book – 10 points
3. 10 minutes of relaxation or reflection – 4 points
4. Write a letter to a friend or family member—5 points
5. Join a class or interest group—5 points
6. Listen to relaxation tapes – 3 points
7. Plan a fun activity for yourself or with others – 5 points
8. Spend time outdoors—3 points
9. Journal—2 points
10. Each lunch with coworkers—2 points
11. Practice positive self—talk all day —3 points
12. Practice mindfulness—3 points
13. Volunteer to help someone/ organization – 5 points
14. Take 20 minutes to do something for you—3 points
15. Forgive someone and let them know in person —5 points
16. Send a thank you note to someone—3 points
17. Identify a fear and face it—10 points
18. Talk to a licensed professional—5 points
19. Color—2 points
20. Organize/ clean 1 space—5 points with max of 15 points



## CHALLENGE GUIDE

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## OFFICIAL RULES/ INSTRUCTIONS

- ◆ Complete the Student Body Challenge Plan by September 30.
- ◆ All activities must take place between October 1—31.
- ◆ Choose 1 activity from each unit each day to earn base points.
- ◆ Post 1 picture (or multiple) of you completing 1 activity on social media each day for accountability using the following:

**Completed my day # of 30 activity for the #StudentBody and #FCSFit challenge! Let's get #Inspired with #COFCLA #EverlastingTale**

- ◆ You may choose more activities each day to earn more points.
- ◆ Complete the Challenge Log on the Student Body Challenge Plan and submit it by November 15.
- ◆ The top 3 participants with the most points will receive the following prizes:

**1<sup>st</sup> Place:** \$100 Cash Prize, Complimentary State Leadership Conference Registration, and SLC hotel room upgraded to suite.

**2<sup>nd</sup> Place:** \$75 Cash Prize, Complimentary State Leadership Conference Registration, and SLC hotel room upgraded to suite.

**3<sup>rd</sup> Place:** \$50 Cash Prize, Complimentary State Leadership Conference Registration.

## HEALTH YOU ACTIVITIES

1. Eat 5 servings per day of fruits and/or vegetables—5 points
2. Eat a healthy snack —1 point
3. Drink 8 glasses of water—5 points
4. Avoid eating junk food – 3 points
5. Eat breakfast – 4 points
6. Reduce calorie intake by 100 calories each day – 5 points
7. Keep track of your calorie count – 3 points
8. Prepare healthy meals – 2 points per meal
9. Share healthy meal recipes – 2 points with a max of 8 points
10. Cut out 1 bad habit for the day—3 points

## FIT YOU ACTIVITIES

1. Walk 10,000 steps—5 points
2. Walk or bike to work – 5 points
3. Take a walk during a break—2 points
4. Exercise for 30 minutes – 4 points
5. Do resistance or weight training – 3 points
6. Compete in a community event such as a Walk or a Race – 10 points
7. Avoid the elevator – 1 point
8. Stretch for 15 minutes – 2 points
9. Sleep for more than 7 hours—4 points
10. Get a physical exam or health screening—10 points