



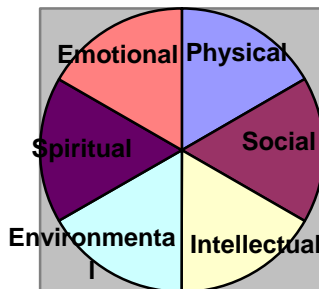
SO FIT University's 30-Day Health & Wellness Challenge Information Sheet

Thank you for choosing to participate in Suffolk University's Health & Wellness Challenge. The challenge is for thirty days and will take place from Monday, March 29th to Tuesday, April 27th. Below you will find information on the challenge. If you have any questions please do not hesitate to contact SuffolkWellnessChallenge@gmail.com or visit www.suffolk.edu/health.

Model of Wellness:

The concept behind this challenge is to "find your balance." Using the traditional model of wellness, which incorporates **social, intellectual, physical, spiritual, emotional and environmental** wellness; look for areas in your life that could use more balance. Use the challenge to improve on these areas. Please keep in mind that this challenge is for you and you only! **Even if you make small changes to improve just one area of wellness you have succeeded!**

Wellness Wheel



Before the challenge begins:

1. Get together with your roommates, friends, co-workers, or other members of the Suffolk community to create a team. You can also sign up individually. Teams can be comprised of all students, staff, faculty or a combination of all categories.
2. Choose a team captain. Please keep in mind that the team captain will be responsible for collecting everyone's score sheets and forwarding the sheets to SuffolkWellnesChallenge@gmail.com on a weekly basis.
3. Once you have your team, fill out the registration form. The registration form can be found online at www.suffolk.edu/health.
4. After your team's form is complete, submit online or email it as an attachment to SuffolkWellnessChallenge@gmail.com.
5. Once your team's registration is submitted, start setting **realistic** weekly goals for yourself that will increase your overall wellness activities (examples include: walking from the T to work, taking the stairs two to three times per week instead of the elevator, hosting or attending a game night with friends, reading a book, taking the time to recycle, attending wellness events that are posted on the challenge's calendar).

During the challenge:

1. Fill out your individual score sheets on a weekly basis. Weekly score sheets will be available on the Health & Wellness Services webpage: www.suffolk.edu/health . Remember – honesty is always the best policy – we use an honor system, and ***cheating on the challenge is cheating yourself and your team!***
2. **E-mail your score sheets to your team captain by NOON on Friday of each week.**
3. If you are the team captain make sure you receive your teammates score sheets each week. After obtaining your team member's score sheet, **send the sheets as an attachment to SuffolkWellnessChallenge@gmail.com by Friday each week.**
4. Look at the Wellness Calendar online at www.suffolk.edu/health to see if there are any events that you would like to attend. If you do attend Wellness challenge designated events – you accrue points on your score sheet.
5. Use your teammates and friends as a resource to help motivate you to reach your goals.
6. Encourage your teammates to reach their goals.
7. Continually re-evaluate your goals to make sure you are taking the proper steps to achieve them.
8. Most importantly, **have fun achieving your wellness goals and finding your balance!**

How to accrue points:

1. Look at your weekly score sheet, each score sheet is broken down into the six areas of wellness: physical, social, spiritual, environmental, intellectual, and emotional.
2. Within each area of wellness are specific activities for which you can gain points. The score sheets are different every week of the challenge, with the exception of the physical wellness category.
3. Points for physical wellness are capped this year, encouraging participants to also concentrate on the other areas of wellness.
4. Attending Wellness Challenge designated events can help you increase your points. An event calendar can be found online at www.suffolk.edu/health
5. Personal Improvement Goal: In week 1 each participant is asked to set a personal improvement goal they would like to achieve by the end of the 30 days. If the participant reached their goal by week 4 they add 10 points to their overall score.

After the challenge:

1. **Congratulate yourself!!!** You did it!!!
2. Congratulate your teammates for their hard work. Thank them for their encouragement and support.
3. Turn in your final score sheets to your team captains by **NOON on Wednesday, April 28th. Team captains will need to e-mail the final score sheets by Thursday, April 29th by noon.**
4. RSVP to attend the awards luncheon on Friday, April 30th by e-mailing SuffolkWellnessChallenge@gmail.com.
5. Attend the awards luncheon to win great prizes!
6. Using the challenge as a starting point, continuing looking for ways to “find your balance” to the best of your ability.