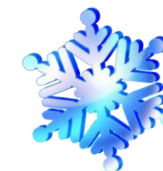




2012 Holiday Challenge



Name:

Week:

Activity	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
Blue4U (50 points)								
Community Walk/ Run (20 points)								
*								
Exercise (1 point for every 10 minutes)								
* Receive a bonus point for exercising more this week!								
Wellness Presentations (20 points)								
* Wellness Wednesdays								
* Managing Holiday Stress								
* Freeze Weight Gain								
Mindfulness Meditation (10 points)								
Relaxation Response Meditation (10 points)								
Indoor Fitness Walk with Brian (1 point/10 minutes)								
Post on Better Me Fitness Facebook Page or Email to Benecoop@rit.edu (1 point)								
* Healthy Recipes								
* Report how you positively handled a challenging situation (e.g party)								
* Upload a picture of a healthy meal or dish								
Other:								
Grand Total								

Frequently Asked Questions

1. Does my job count as exercise?

No. We are considering exercise to be anything in addition to your normal daily activity.

2. What if I can't make it to a presentation?

Depending on the presentation, you may be able to request a copy from benecoop@rit.edu to review. A corresponding quiz will also be sent to be completed and returned for the 20 points.

3. What if I do another charity event in the community other than the one featured?

As long as it involves physical activity, we will count it.

4. If I do a charity walk/run, do I earn additional points for the exercise I engage in?

No, the 20 points already includes exercise.