

HEALTHY U WELLNESS CHALLENGE 2017

WEEK:

Example: MON, JAN 23 - SUN, JAN 29

Use this tracking form to keep a log of your habits/activities throughout the week to make official point logging easier.

You must log your points for the previous week online by Monday at 5:00pm @ wellness.pdx.edu to receive points.

HEALTHY HABITS

Select one healthy habit per category to work toward each week. You may change your selection each week or stick with the same habit for the entire challenge. 3 points awarded per healthy habit achieved. Max of 27 points per week. Additional healthy habits will not be awarded extra points.

MON TUE WED THU FRI SAT SUN

Physical

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Followed a stretching routine every morning

Got at least 7 hours of sleep every night

Took a break from sitting; stand up for 5 minutes for every hour of sitting that you do

Spent at least 30 minutes outside every day this week.

Nutrition

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Replaced sweets with healthier alternatives 3 times this week

Ate at least 2 cups of vegetables 5 days this week

Drank at least 50 fluid ounces of water every day

Ate at least 15 grams of protein with your breakfast 5 days this week

Emotional

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Spent at least 2 hours doing an activity you love this week

Practiced self-compassion and acceptance daily

Wrote down 5 things that you are grateful for 3 times this week

Conducted 2 random acts of kindness

Spiritual

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reframed 3 negative thoughts in a positive way every day this week

Paused for 5 minutes every day this week to take notice of your surroundings

Attended at least one spiritual event this week

Practiced meditating for 15 minutes at least 5 days this week

MON TUE WED THU FRI SAT SUN Environmental

- Went meat-free for at least 1 day this week
- Used alternative transportation 3 times this week
- Picked 2 days this week to turn off your television
- Bought your weekly groceries at Portland's local farmer's markets

Intellectual

- Created a to-do list for all of your tasks at the beginning of this week
- Spent at least 1 hour working on a new skill this week
- Replaced 2 hours of recreational screen time (TV, movies, social media, etc) with reading a book this week.
- Used SHAC's Mind Spa this week

Financial

- Utilized Advising and Career Services this week
- Followed a weekly spending budget
- Saved money by buying all of your groceries on sale or with coupons
- Attended 1 business or financial workshop

Social

- Volunteered for at least 1 hour this week
- Practiced active listening in 3 conversations this week
- Met and talked to 1 new person this week
- Reached out to 1 friend or family member to catch up

Other

- Create one personalized healthy habit to work toward this week.

EXERCISE

Max of 25 points per week. Additional Exercise will not be awarded additional points.

MON TUE WED THU FRI SAT SUN Record MINUTES here (not points).

— — — — — — — One point per 30 minutes of exercise.

EVENT PARTICIPATION

Healthy U Event (10 points)	Yes	No
Highlighted Campus Rec Event (5 points)	Yes	No