Winter Challenge

*Work- Life- Balance*

**Instructions:**

 This challenge is for everyone! You can do it with a team, department, or as an individual. It will begin on Monday, January 6th, 2020, but you also are able to start any day after that through February 10th. The purpose of this challenge is to find a work and life balance in all areas of your life.

Start by registering for the Challenge at the MindBodySpirit class registration page @

<https://apps.carleton.edu/campus/rec/MindBodySpirit/mindbodyspirit/>. Then, set a goal for yourself to work towards during Winter Term 2020. Participants will receive regular emails throughout the Challenge giving them motivation and Challenge updates (i.e.: t-shirt sizes).

There will be 2 prizes awarded. One for the most points earned (team or individual) throughout the challenge. A second prize will

be awarded via a drawing of all participants who complete their Challenge goal by the end of the Winter Challenge (March 6th).

Please set a goal during this challenge for yourself. If you achieve your goals you will be put into a drawing for a prize.

 The individual or team that has the most points at the end of the challenge will also win a prize.

 All participants will automatically be guaranteed a Rec. Center 20th Anniversary t-shirt!

If you have any questions please contact Jenna at jenna12believe@gmail.com

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Please fill out and drop off at the Rec. Center once you are done with the challenge (by Friday, March 6th)

**Check with apply:**

Individual: Team:

Beginner to fitness & want to start Partner or Department

Active but want a push

Advanced fitness lover

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Points:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal met:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DAILY POINTS**

**Physical: 5 points**

* any activity that requires moving around for more than 30 minutes

(examples: walking, running, elliptical, biking, fitness class, strength training, winter activity, etc.)

* Stretching during the day 5-10 minutes

**Nutrition: 2 points each**

Eating a healthy breakfast

Keeping a food journal

Eating fruits/vegetables (1.5 cups or more)

Sleeping 7-8 hours

Drinking Water (consuming 24 oz or more)

Trying a new recipe

**Mental/Social/Emotional: 2 points each**

Go out with a friend

Treat yourself to something

Do something for someone else

Break up the monotony

Meditate (10 min. of quiet time)

Write in a journal each day