**Hokie Wellness** wants to help students live well. Participants can use this check list to keep track of their Hokies Live Well activities. Completed tracking logs can be turned in by emailing a scan, or photograph of this sheet from April 16-18 to hokiewellness@vt.edu.

The first 100 participants who complete 12 different activities, a minimum of three from each category, will receive a free stainless steel tumbler. The tumblers can be picked up at the Hokie Wellness table at the "Finals Extravaganza" event on May 2 from 10am-2pm on the drillfield. Tumblers will be mailed to extended campus participants.*

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### Move Well
- ___ Attend a group exercise class
- ___ Get at least ten thousand steps every day for one week
- ___ Participate in a 5k, 10k, or a 1/2 or full marathon
- ___ Walk/Bike to class every day for at least 1 week
- ___ Go for a hike
- ___ Participate in resistance exercises (lifting) three days per week for two weeks
- ___ Stretch for 10 minutes three days a week for one month
- ___ Participate in an intramural sports/venture out program
- ___ Do 30min of moderate intensity (or higher) aerobic activity every day for 1 week

### Relax Well
- ___ Meditate/pray for 10 minutes every day for one week
- ___ Unplug from devices for one hour a day for one week
- ___ Get at least 8 hours of sleep every night for 7 days
- ___ Read or listen to a book
- ___ Write down three things you are grateful for each day for 1 week
- ___ Get a massage
- ___ Plan a picnic in the park
- ___ Keep a journal for 1 month
- ___ Attend a mindfulness class

### Eat Well
- ___ Visit a farmer’s market or farm stand
- ___ Eliminate sugar sweetened beverage intake (soda, sweet tea, sweetened coffee drinks, etc.) for one week
- ___ Participate in “meatless Monday” for one month
- ___ Eat breakfast every day for one month
- ___ Make 1/2 of your meal plates fruits and veggies for 5 days
- ___ Meet with a registered dietitian at Schiffert
- ___ Eat a meal with no distractions
- ___ Attend a healthy-food cooking class

### Be Well
- ___ Attend live music or an art exhibit
- ___ Attend a Health Hokie Workshop in Hokie Wellness
- ___ Attend a Tobacco-Free Hokies or Body Matters Week event
- ___ Volunteer in your community (ex: Micah’s backpack, donate blood)
- ___ Schedule an annual health screening
- ___ Get First Aid/CPR/AED certified
- ___ Complete the Gardasil HPV vaccination series
- ___ Refer a friend to participate in Hokies Live Well with you

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**Total activities**

*Mailing Address: ___________________________

**hokiewellness.vt.edu/students/programs/Hokies_Live_Well.html**

**Presented by the Student Affairs and Hokie Wellness**