

# HOKIES LIVE WELL for STUDENTS

Eat ■ Relax ■ Move ■ Be well

Jan 16 - April 18, 2018  
**TRACKING LOG**

**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](mailto: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.\*



## 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

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

Campus? \_\_\_ Blacksburg \_\_\_ Roanoke \_\_\_ Other

Email: \_\_\_\_\_

\*Mailing Address: \_\_\_\_\_

\_\_\_\_\_ **Total activities**

[hokiewellness.vt.edu/students/  
programs/Hokies\\_Live\\_Well.html](http://hokiewellness.vt.edu/students/programs/Hokies_Live_Well.html)