

HOKIES LIVE WELL

Eat ■ Relax ■ Move ■ Be well

Aug. 13 - Dec. 7

TRACKING LOG

Hokie Wellness wants to help employees live well. Participants can use this check list to keep track of their Hokies Live Well activities. Completed tracking logs can be turned in at the North End Center (Suite 2300) on December 6 from 8 a.m. - 1 p.m. or December 7 from 12 - 5 p.m. Extended campus participants should email their tracking log to hokiewellness@vt.edu by December 7.

Participants who complete 12 different activities, a minimum of three from each category, will receive a free dual-compartment food koozie. The food koozies can be picked up at the Hokie Wellness table at the Employee Health and Benefits Fair (McComas Hall) on January 16, 2019. Food koozies will be mailed to extended campus participants.*



Move Well

- _____ Take the stairs instead of the elevator for five days
- _____ Keep an exercise journal for two weeks (aim for at least 150 min/wk)
- _____ Take swim lessons or go swimming
- _____ Walk or bike to work
- _____ Go for a fall foliage hike
- _____ Participate in resistance training two days per week for two weeks
- _____ Get creative! Create your own standing desk
- _____ Take a short stretch break each time you finish a task at work
- _____ Participate in Walking Wednesday at least four times



Relax Well

- _____ Begin or end your day with five minutes of quiet relaxation or reflection
- _____ Attend a restorative yoga class
- _____ Try a new hobby (painting, hiking, book club, etc.)
- _____ Go social media free for one weekend
- _____ Read a book or listen to relaxing music before bed
- _____ Trade TV time for 30 minutes outside
- _____ Eat a mindful lunch outside
- _____ Watch a sunrise or sunset
- _____ Download the [Moment app](#) to help manage your screen time



Eat Well

- _____ Prepare a meal using in-season produce
- _____ Meet with a registered dietitian
- _____ Prepare a healthy dish to bring to a potluck or party
- _____ Try a new vegetable or fruit
- _____ Keep a food journal for five days
- _____ Pack a healthy lunch instead of dining out
- _____ Track your water intake for three days (aim for eight glasses/day)
- _____ Bring a healthy snack to work for five days
- _____ Follow the [MyPlate](#) method for one week



Be Well

- _____ Attend a financial wellness class
- _____ Make sure you are up to date on all vaccinations
- _____ Get your blood pressure checked
- _____ Post a #hokieslivewell photo to Facebook and tag Hokie Wellness for Employees
- _____ Schedule a yearly physical
- _____ Keep a gratitude journal for one week
- _____ Schedule a skin check with a dermatologist
- _____ De-clutter one space in your home or office
- _____ Track your spending for one week

_____ **Total activities**

Name: _____

Department: _____

Email: _____

*Mailing Address: _____

Mail Code: _____