

Hokies *Live* Well

Feb. 3 – May 8
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 May 7, from 8 a.m. - 1 p.m., or May 8, from 12 - 5 p.m. Extended campus participants should email their tracking log to hokiewellness@vt.edu by May 8.

Participants who complete 18 different activities, a minimum of three from each category, will receive a free Hokies Live Well lunch bag. Participants have the option to fill in their own activities on the blanks provided under each dimension of wellness. The lunch bags can be picked up at the Hokie Wellness table at Staff Appreciation Day 2020. Lunch bags will be mailed to extended campus participants.*

Purpose

- Create a vision board
- Read a personal development book
- Create a professional development plan
- _____
- _____
- _____

Financial

- Brew coffee at home instead of buying it at a coffee shop for two weeks
- Borrow a book from the library instead of buying it
- Limit lunch outings to one time per week for two weeks
- _____
- _____
- _____

Community

- Help clean up your neighborhood for one hour
- Support your local farmers by purchasing food from a farmer's market or co-op
- Bring dinner to a neighbor in need
- _____
- _____
- _____

Name: _____

Email: _____

Department: _____

Social

- Create a "no cell phones at the table" rule and talk with friends, family, or co-workers instead for one week
- Organize a potluck meal for your department
- Attend a networking event at work or in your community
- _____
- _____
- _____

Physical

- Schedule a routine skin check with a dermatologist
- Prepare a dish with a vegetable or fruit that you have not tried
- Schedule an eye exam
- _____
- _____
- _____

Emotional

- Take a yoga or meditation class
- Listen to calming music before bed three times for one week
- Look up information about the Virginia Tech Employee Assistance Program
- _____
- _____
- _____

Mailing Address* _____

Mail Code: _____