

HOKIES LIVE WELL

Eat ■ Relax ■ Move ■ Be well

Jan. 15 - April 20

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 on April 19 at North End Center (Suite 2300) from 8 a.m.–1 p.m. or on April 20 at McComas Hall (room 194) from 12–5 p.m. Extended campus participants should email their tracking log to hokiewellness@vt.edu by April 20.

Participants who complete 12 different activities, a minimum of three from each category, will receive a free stadium blanket. The blankets can be picked up at the Hokie Wellness table at Staff Appreciation Day on May 16. Stadium blankets will be mailed to extended campus participants.*



Move Well

- _____ Attend a group exercise class
- _____ Take a 30-minute walk at lunch
- _____ Play an intramural, rec league, or pick-up sports game
- _____ Stand up each time you answer the phone for one day
- _____ Run/walk a 5k, 10k, half marathon, or marathon
- _____ Go for a bike ride
- _____ Take the stairs to another floor's restroom for three days
- _____ Go for a hike
- _____ Have a walking meeting at work



Relax Well

- _____ Write down three things you are grateful for each day for one week
- _____ Attend a yoga or tai chi class
- _____ Plant a flower or herb garden
- _____ Take a mindful nature walk
- _____ Attend a mindfulness training
- _____ De-clutter your work space
- _____ Try acupuncture
- _____ Read a book
- _____ Plan a picnic in the park



Eat Well

- _____ Visit a farmer's market or farm stand
- _____ Replace one sugar sweetened beverage (soda, sweet tea, sweetened coffee drinks, etc.) daily with water for five days
- _____ Eat lunch away from your desk for five days
- _____ Attend a healthy cooking class
- _____ Plan a healthy grocery shopping list
- _____ Make half your plate fruits and vegetables for five days
- _____ Sign-up for a plot at a community garden
- _____ Prepare a new, healthy recipe
- _____ Make half your grains whole grains for three days



Be Well

- _____ Attend a financial wellness class
- _____ Refer a friend to participate in Hokies Live Well
- _____ Get your blood pressure checked
- _____ Volunteer in your community
- _____ Schedule a yearly physical
- _____ Share a positive post on social media
- _____ Request the student list from Hokie Wellness for help with yard work, childcare, or pet-sitting services
- _____ Send a thank-you note to someone who has made a positive impact on your life
- _____ Set a SMART (Specific, Measurable, Attainable, Realistic, and with a set Time frame) wellness goal

Name: _____

Department: _____

Email: _____

*Mailing Address: _____

_____ **Total activities**

■ hokiewellness.vt.edu