

# 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](mailto: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](http://hokiewellness.vt.edu)