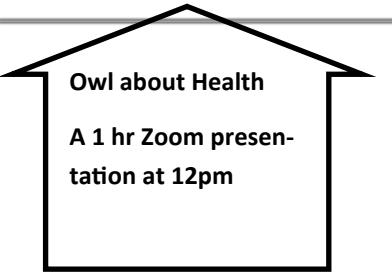


2021 FEBRUARY

Designed with Covid 19 in mind!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Meet & Greet Tea & Talk: Watch as teas beverages are prepared. Learn about teas. Overview of challenge given at this time. 3pm	2 Download an app pedometer. Take a walk or hike. Make note of your distance. OR Download an exercise app/video and workout.	3 Track your water consumption. You can use an app or use paper. Earn points each week that you increase your water by 4 ounces. Drink your set amount of water earns you 2 pts per day.	4 Take another walk and increase your steps by 500 or about 1/4 mile. Every week you increase your distance by 1/4mile + or do an app workout you earn 2 pts/day.	5 Eat or Pack a Healthy Salad for lunch. Try our 15 minute Chair Yoga Session or check out the list provided. A JEN class. 11:30pm	6 Play an online game via Zoom or MS Teams with friends, class or office mates, or family.
7 Pack Healthy Snack Bags full of veggies. Eat throughout the week. Remember to increase your water by 4 ounces this week!	8 Pack a Healthy Snack Bag of veggies. Eat throughout the day. 2pts Zoom INFO: Healthiest Choices for Res Hall Students 3pm . A JEN class	9 Check out the Bill's Presentation on OUTDOORS, where to go to find affordable fun. On ZOOM; a Bill presentation at 2pm Don't forget your snack bag. 2pts	10 Pack a Healthy Snack Bags and eat during the day. VD Kahoots quiz by JEN. FREE drawing prizes available! 3pm	11 VD Kahoots quiz with JEN FREE drawing prizes available with Valentine theme. 2-3pm Pack a Healthy Snack Bags and eat during the day. 2pts	12 Pack a Healthy Snack Bags Celebrate Chinese New Year & Soup Up that Ramen & make a light and healthy Chinese Dessert Zoom Fun by JEN! Happy YEAR of the OX 3pm	13 Go to the park of your choice and spend at least 30 minutes there. Remember the OC&E is a State Park which is accessible even if you don't have a car. OR walk the Nature Trail at the east end of Campus.
14 Download My Fitness Pal or similar app Check out the sleep apps provided. Try two sleep app at a good time throughout the week. Also increase your water by 4 ounces.	15 Track your breakfast on your app Maybe try a sleep app or listen to a "Sleep Story" at night. Guided Meditation/Mindfulness at Zoom class by CATHEY 4pm	16 Track your Lunch Check out vegetarian dinners provided by Sodexo if you live in the Res Hall Try a sleep app or listen to sleep story at night.	17 Track your dinner Zoom vegetarian cooking lesson at 3pm. A program by JEN Use a sleep app or sleep story	18 Track your calories burned Stay Motivated to Exercise! A Zoom class by JOHN 3pm	19 Take notice of changes or deficiencies in your diet from your app info. Select a vegetarian meal if you live a the Res Hall OR make a vegetarian meal for yourself	20 Try listening to sleep story or use a sleep app.
21 Commit to one change in your diet. Work on it throughout the week. Attend a "Fireside ASMR" session via zoom. 5:30pm	22 Track your breakfast! Give yourself 3 points if you were able to make your change for this meal	23 Track your Lunch! Give yourself 3pts if you make the change.	24 Simple and Basic baking w/ Self-Rising Flour Zoom class at 3pm. Track your dinner! Give yourself 3 points if you maintained your change	25 Choose a snack that fits within the parameters of your challenge. Eat that snack two times during today. Give yourself 3 points for each snack.	26 Communication & Comfort (FOOD). Learn to make Southern Comfort food with JOHN. A zoom presentation. 5:30PM	27 Prepare a meal that fits within the parameters of the change you want to make in your diet. Give yourself 3 points for making, eating and enjoying this meal!
28 Last day of the challenge. Complete the survey for 3 points. Survey may come via email.						 Owl about Health A 1 hr Zoom presentation at 12pm