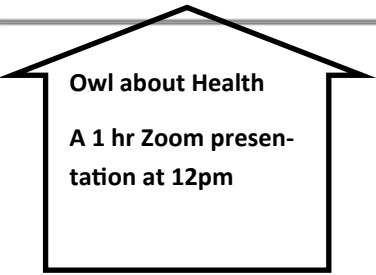


# 2021 FEBRUARY

Designed with Covid 19 in mind!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Meet & Greet <b>Tea &amp; Talk: Watch as teas beverages are prepared. Learn about teas. Overview of challenge given at this time. 3pm</b>	<b>2</b> Download an app pedometer. Take a walk or hike. Make note of your distance. OR Download an exercise app/video and workout.	<b>3</b> 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.	<b>4</b> 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.	<b>5</b> Eat or Pack a Healthy Salad for lunch. <b>Try our 15 minute Chair Yoga Session or check out the list provided. A JEN class. 11:30pm</b>	<b>6</b> <b>Play an online game via Zoom or MS Teams with friends, class or office mates, or family.</b>
<b>7</b> Pack Healthy Snack Bags full of veggies. Eat throughout the week. Remember to increase your water by 4 ounces this week!	<b>8</b> Pack a Healthy Snack Bag of veggies. Eat throughout the day. 2pts <b>Zoom INFO: Healthiest Choices for Res Hall Students 3pm . A JEN class</b>	<b>9</b> <b>Check out the Bill's Presentation on OUTDOORS, where to go to find affordable fun. On ZOOM; a Bill presentation at 2pm</b> Don't forget your snack bag. 2pts	<b>10</b> Pack a Healthy Snack Bags and eat during the day. <b>VD Kahoots quiz by JEN. FREE drawing prizes available! 3pm</b>	<b>11</b> <b>VD Kahoots quiz with JEN FREE drawing prizes available with Valentine theme. 2-3pm</b> Pack a Healthy Snack Bags and eat during the day. 2pts	<b>12</b> 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	<b>13</b> <b>Go to the park of your choice and spend at least 30 minutes there. Remember the OC&amp;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.</b>
<b>14</b> 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.	<b>15</b> Track your breakfast on your app Maybe try a sleep app or listen to a "Sleep Story" at night. <b>Guided Meditation/Mindfulness at Zoom class by CATHEY 4pm</b>	<b>16</b> 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.	<b>17</b> Track your dinner <b>Zoom vegetarian cooking lesson at 3pm. A program by JEN</b> Use a sleep app or sleep story	<b>18</b> Track your calories burned <b>Stay Motivated to Exercise! A Zoom class by JOHN 3pm</b>	<b>19</b> Take notice of changes or deficiencies in your diet from your app info. Select a vegetarian meal if you live at the Res Hall OR make a vegetarian meal for yourself	<b>20</b> Try listening to sleep story or use a sleep app.
<b>21</b> Commit to one change in your diet. Work on it throughout the week. <b>Attend a "Fireside ASMR" session via zoom. 5:30pm</b>	<b>22</b> <b>Track your breakfast! Give yourself 3 points if you were able to make your change for this meal</b>	<b>23</b> <b>Track your Lunch! Give yourself 3pts if you make the change.</b>	<b>24</b> Simple and Basic baking w/ Self-Rising Flour Zoom class at 3pm. Track your dinner! Give yourself 3 points if you maintained your change	<b>25</b> Choose a snack that fits within the parameters of your challenge. Eat that snack two times during today. <u>Give yourself 3 points for each snack.</u>	<b>26</b> <b>Communication &amp; Comfort (FOOD). Learn to make Southern Comfort food with JOHN. A zoom presentation. 5:30PM</b>	<b>27</b> 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!
<b>28</b> <b>Last day of the challenge. Complete the survey for 3 points. Survey may come via email.</b>						 <p>Owl about Health  A 1 hr Zoom presentation at 12pm</p>