	А	В	С	D	Е	F	G	Н	1	J
2		Activity	Date	Day	Location		Start Time	End Time	Presenter	
3	1 pt. for every FULL serving of fruit or vegetables eaten in a day.	Wake UP Workout	January 23, 2023	Monday	Tech Rec	Teams	7am	8:30am	Jennifer	
4		Coffee Talk and Tea	January 24, 2023	Tuesday	Mt. Theilsen	Teams	2pm	3pm	Jennifer	
5		Calming Crafts/Adult Coloring	January 25, 2023	Wednesday	Mt. Theilsen	Teams	1:30pm	4:30pm	Jennifer	
6		Exercise Motivation	January 26, 2023	Thursday	Sunset	Teams	2pm	3pm	Gaylyn	
7										
8	Week #2 (Jan 30-Feb 5) 1pt for drinking 8 ounces of water up to 64 ounces 1pt for every serving of complex carbohydrates	Yoga	January 31, 2023	Tuesday	Tech Rec Studio	Teams	2pm	3pm	Jennifer	
9		Meditation with Cathy	February 1, 2023	Wednesday	Cathy's Office	Teams	3pm	4pm	Cathy J	
10		Pack a Bento	February 2, 2023	Thursday	Jen's Home	Teams	3pm	4pm	Jennifer	
11										
12	Week #3 (Feb 6-12)	Stay Motivated	February 6, 2023	Monday	Breakfast at Brevada		7am	8:30am	Jennifer	
13	2pts for every full serving of dark leafy greens eaten up to 6pts/day	Yoga + Pilates	February 7, 2023	Tuesday	Tech Rec Studio	Teams	2pm	3pm	Jennifer	
14		Good Communication for Healthy Rel	February 8, 2023	Wednesday	John's Office	Teams	3pm	4pm	John Scott	
15		Corned Beef Brisket + Soda Bread	February 9, 2023	Thursday	Jen's Home	Teams	3pm	4pm	Jennifer	
16										
17	Week #4 (Feb 13-19)	STD information NCSRW	February 13, 2023	•	CU Main Entrance	Posters	11:00:00 AM	3pm	Jennifer	
18	2 pts for every full serving of vegetable proteins you eat + 1 pt. for every 8 ounces of water up to 64	Tai Chi & Qigong	February 14, 2023	•	CU Mt. Mazama	Teams	2pm	3pm	Smitty	
19		Calming Craft Chopstick frames	February 15, 2023	Wednesday	Mt. McLoughlin	TEams	2pm	4:30 PM	Jennifer	
20		Southern Style Cooking	February 16, 2023	Thursday	John's House	Teams	ТВА	TBA	John	
21										
22	2 pts for every full serving of squash that you eat + 5 bonus points for 3-Full days that you don't consume	Simply Smoothies w/Squash	February 20, 2023	Monday	My office	Teams	11:30 AM	11:50am	Jennifer	
23		Sustainability Walk	February 21, 2023	Tuesday	Fountain	Meet at Fo	2pm	3pm ish	Smitty	
24		Safe Spring Break Fair	February 22, 2023	•	CU Main Floor		11am	3pm ish	Jennifer	
25		Energy Drinks / Medical TEAM reacts		•	Zoom	TEAMS	3pm	3:40pm	Kellee	
26		T-shirt Tie Dye Party	February 27, 2023	Monday	Semon Hall Room 20	3	ТВА	TBA	Jennifer	
27		Exercise Points:								
28		Give yourself 2 pts for every 30 minut		•	•	O .	<u> </u>	_		
29		Give your 2 pts for every for every 30 minutes of strength, core, and resistance training that you do in a day; lifting weights, Core Pilates, isotonic								
30		exercises etc.								

	А	В	С	D	E	F	G	Н	I	J		
31		Give yourself 2 pts for every 20 minutes of intentional stretching that you do in a day; Winsor Pilates, Yoga, Dance, etc. Give yourself 1 pt for every 30 minutes of physical activity that you do in a day such as shoveling snow, playing actively with your children, recreational										
32												
33		swimming etc.										
34												