



CONCORDIA
UNIVERSITY
OF EDMONTON

WINTER WELLNESS CHALLENGE

INSTRUCTIONS

- Use the tracker to record your daily points
- Accumulate as many points as you can from January 11-31

#CUEwellness

Daily Activities

Enter a point for each activity you do daily, your daily total will calculate at the bottom.



January Wellness Challenge

Daily Activities	Start Date
Enter 1 point for each daily activity completed (1 point maximum per day for each activity)	11
Social Wellness	
I reached out for help if I needed it	
I connected with friends	
I laughed really hard	1
I took the time to really listen to someone	
Personal item:	
Personal Wellness	
I took the time to do something I enjoy doing	1
I got 7-8 hours of sleep	
I practiced gratitude	
I practiced meditation and/or other relaxation techniques	
Personal item:	
Addiction Awareness & Prevention	
I refrained from or reduced my use of tobacco products today or I am not a tobacco user	
I followed the Low Risk Drinking Guidelines or I chose not to drink alcohol today	
I followed the Low Risk Cannabis Guidelines or I chose not to use Cannabis today	
I reduced my time spent online	1
I took prescription or over the counter medication only as the label recommended	
Personal item:	
Nutritional Wellness	
I ate a healthy breakfast	
I ate vegetables or fruit with each meal	1
I stopped eating when I was full	
I quenched my thirst with water	
Personal item:	
Injury Prevention & Active Living	
I accumulated 30 minutes of physical activity	
I completed 5 minutes of core strengthening exercises	1
I followed safe social distancing guidelines	
I encouraged my family/friends/co-workers to exercise	
Personal item:	
Daily Activity Total	0 5

Bonus Activities

Enter a point for each activity you completed throughout the month. The bonus activities are calculated monthly not daily.

Bonus Activities

Each bonus activity can only be counted once during the Challenge (1 point for each bonus activity)

Social Wellness

I resolved a personal conflict constructively

I assisted somebody in need

I volunteered my time

Personal item:

Addiction Awareness & Prevention

I arranged alternate transportation to and from an event where I planned to consume alcohol

I did not consume energy drinks for an entire week

I returned unused medications to the pharmacy

Personal item:

Nutritional Wellness

I tried a new vegetable or fruit

I planned my meals and/or snacks ahead of time

I did not eat food from a fast food restaurant for two weeks

Personal item:

Injury Prevention & Active Living

I accumulated 10,000 steps (or 60-minutes of fast walking) in one day

Personal item:

Other

I attended at least two (2) Make Some Noise for Mental Health Events

I attended a CUE Career Week Event

Bonus Activity Total

0 3

Challenge Total

Your monthly total will calculate here, at the end it will add up to a challenge total which can be added to your overall daily score.



Do something wellness related that wasn't listed? Add it as a personal item!



Daily Activities

Personal Wellness

I took the time to do something I enjoy doing

I got 7-8 hours of sleep

I practiced gratitude

I practiced meditation and/or other relaxation techniques

Personal item: I journaled about my day

Bonus Activities

Social Wellness

I resolved a personal conflict constructively

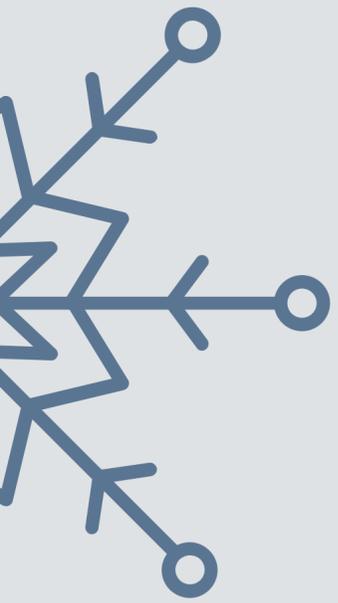
I assisted somebody in need

I volunteered my time

Personal item: I attended an online CSA games night



On January 31st add up all of your weekly totals and your bonus points for your grand total.



Submit your grand total tinyurl.com/CUEChallengePoints before Friday February 5th for a chance to win a prize!



For more information or questions contact wellness@concordia.ab.ca