

Wellness Challenge General Activities

These activities can be completed at any time during the Wellness Challenge, from January 12th to February 26th. You can only get points once for each general activity. Use the QR code at the bottom of this page to fill out the form when you complete an activity. Keep an eye out for Weekly Challenges, too!

1. Work out with a friend
2. Try a new workout
3. Work out at least 3 times in one week
4. Rent out equipment from the Rec Center front desk
5. Use the outdoor track at Alumni Stadium
6. Post a picture participating in the Wellness Challenge and tag the Rec Center @wpirecenter on Instagram
7. Start your morning phone-free for at least 30 minutes
8. Journal for 10 minutes
9. Try a 5-to-10-minute meditation
10. Make a list of goals for the term
11. Attend a professor's office hours
12. Make a list of 10 things you are grateful for
13. Call someone you love



Wellness Challenge Tracking Form