

## **C-Term Wellness Challenge Guidelines**

### **Overview**

Participate in the Sports & Recreation Center's Wellness Challenge for a chance to focus on health and well-being. Complete activities and fill out our online form to track them. At the end of the term, we will total all of your entries (based upon your submissions) and convert them to raffle entries. Each submission for an activity will equal one raffle entry.

### **Wellness Challenge Timeline**

- Students will be able to complete general challenges and submit their activities starting Wednesday, January 12 until Friday, February 25.
- At the end of weeks 2-6, we will raffle off a \$10 Dunkin gift card to one lucky participant from that week (anyone who tracks an activity that week will be eligible).
- The last day to submit your activities will be Friday, February 25<sup>th</sup>. We will then total all participants' submissions and convert them into raffle entries.
- We will have a prize table set up in the Rec Center Monday, February 28<sup>th</sup> through Wednesday, March 2<sup>nd</sup> from 10am to 3pm. Students who participated in the challenge will be able to split up their raffle entries among the prizes of their choosing at this time.
- We will draw the winners at 4pm on Wednesday, March 2<sup>nd</sup> and will email the winners, who must pick up their prizes from the Rec Center by Friday, March 4<sup>th</sup>.

### **How to Participate**

There will be many ways to get points, and not all of them require going to the gym! This Wellness Challenge is open to all students and encourages all sorts of healthy habits. There will be a set of listed activities on our website and our Instagram @wpiirecenter. If you complete an activity, track it using the form provided on our website (there will also be QR codes at the Rec Center, throughout campus, and on our Instagram that send you to the form). There will also be weekly challenges that will be posted at the gym and on social media, so keep an eye out for extra entry opportunities!

### **Prize List:**

- 32-oz Hydroflask in Stone color
- \$50 Dick's Sporting Goods gift card
- 3<sup>rd</sup> Generation AirPods
- 4 \$50 WPI Bookstore gift cards
- \$50 LUSH gift card
- \$25 Chipotle gift card
- Hatch Sunset lamp/alarm clock
- Lego set (specific set TBD)
- \$20 Tidepool Bookstore gift card
- \$50 Bowlero Gift Card