the Game of a Healthier LIFE

Presented By STUDENT HEALTH & WELLNESS

Instructions:
Earn points by completing wellness activities each week! Track your progress online on ICON or print off the weekly gameboards and check off tasks as you complete them. Unless noted otherwise, tasks are to be completed once for that given week, with each completed task worth 1 point. Win prizes by seeing how many points you can earn in five weeks!

Note: There is not a required number of points in order to move on to the next week. As you track your progress, you may complete tasks out of order from which they are displayed. Weekly emails will be sent with updates and support!

Color key:
Physical Activity & Nutrition = purple
Time Management & Mindful Eating = green
Stress Management & Spiritual Health = yellow
Sleep = blue
Healthy Relationships = orange