How to Ride Your Way to Wellness

This checklist will help guide you through a month long journey focused on YOU. Each day you'll be learning and trying new things all while competing for weekly and grand prizes! Partner up with a friend, new or old, and enjoy the ride! Don't worry if you don't have a partner in mind, sign up as an individual and we will pair you up! Buckle in now by reading through each step to increase your chances of winning it all! You are already WELL on your way!

- If you haven't already - accept the challenge by registering online with the QR code at the bottom of this checklist! Keep the website handy, and check it everyday because we'll be posting reminders, updates, and surprise bonus activities, and weekly winner alerts!
- Pick up your Starter Kit in the Sub Atrium on February 4th or 6th from 4-7PM. Your starter kit is filled with tips, tools, and tasty snacks that will boost your ride! Be sure to jump on the wagon early as only 75 starter kits are guaranteed!
- Check out your Calendar! Find your calendar inside of your starter kit, and online. Each day of the week has a new wellness related challenge. We challenge YOU to complete them all! Keep your calendar handy and the ride will be smooth as you tackle a new challenge each day and week at a time.
- How's the ride?! Pump up your teammate and keep them motivated! Completing a daily challenge means getting a point. The more daily challenges you each complete, the more points and chances you have to win a prize!
- At the end of each week, complete the survey online to earn points by letting us know how you did! We'll ask about your daily challenges and you'll have a chance to upload a picture from any bonus activities for EXTRA points! Each week the teams with the most points will be entered into a drawing for the weekly prize! Weekly Prize winners will be called to claim their prize early the next week.
- Keep up the good work! The more challenges you complete, the better your chances are for winning prizes! In addition to the weekly prizes, final scores will be tallied up, and an individual winner will be drawn for the GRAND PRIZE.

Use this QR Code to register, get updates and take weekly surveys!