

Spring 2024 Wellness Tracker PDF

<b>Weekly Nutrition Challenges (5 Points Per Week; 65 total)</b>																
	Jan 14-20	Jan 21-27	Jan 28-03	Feb 04-10	Feb 11-17	Feb 18-24	Feb 25-02	Mar 03-09	Mar 10-16	Mar 17-23	Mar 24-30	Mar 31-06	Apr 07-13	Apr 14-20	Apr 21-27	Totals
TAO Video																
Say Hi																
Gratitude Challenge																
Random Act of Kindness																
<b>Once every 30 days Nutrition Challenges (30 Points Per 30 days, 90 total)</b>																
	Jan 15- Feb 17					Feb 18 - Mar 23					Mar 24 - Apr 27					
Seminar 1, 2, 3																
Unplug from Technology																
<b>One-time Semester Nutrition Challenges (30 Points once a semester)</b>																
	Spring Semester															
Attend QPR Training																
Suicide Prevention Week																
Emotional Wellness Checklist from NIH																
<b>Ongoing Weekly Campus Initiatives (5 Points Per Week; 75 total)</b>																
	Jan 14-20	Jan 21-27	Jan 28-03	Feb 04-10	Feb 11-17	Feb 18-24	Feb 25-02	Mar 03-09	Mar 10-16	Mar 17-23	Mar 24-30	Mar 31-06	April 07-13	Apr 14-20	Apr 21-27	
Red Handed Award																
Across Campus																
Recycle/Reuse																
<b>Total Points</b>																

<b>Weekly Nutrition Challenges - 5 points per week</b>	<b>Description</b>	<b>Example</b>
TAO Video	Log in using your SUU email and watch at least on video a week.	<a href="#">TAO Login</a>
Say Hi	Talk to someone new each week and get to know a little bit about them.	Greet a colleague or student that you don't associate with very often or don't know much about. Have a chat with your cashier.
Gratitude Challenge	Once a week, note what you are grateful for. This can be through journaling, photography, etc.; any medium or format you would like. You do not need to follow the prompts if you would rather focus on something else you are grateful for.	Write a journal entry once a week in response to the weekly prompt. Make a social media post once a week about something you are grateful for.
Random Act of Kindness	Once a week, perform an act of kindness for someone else.	Clean snow off some cars in the parking lot. Buy a treat for someone having a bad week.
<b>Monthly Nutrition Initiatives - 30 points per 30 days</b>	<b>Description</b>	<b>Example</b>
Seminar 1	Attend this seminar to earn points.	
Seminar 2	Attend this seminar to earn points.	
Seminar 3	Attend this seminar to earn points.	
Unplug from Technology	Once in a 30 day period, spend some time without technology. Make an effort to spend time away from your phone or tv.	Go on a walk without your phone, read a book before bed, or take a break from social media for a period of time
<b>Semester Nutrition Initiatives - 30 once a semester</b>	<b>Description</b>	<b>Example</b>
Attend QPR Training	Attend one of these trainings this semester to earn points.	
Suicide Prevention Week	March 18-March 22, Participate in any way during SUU's suicide prevention week.  If you are remote, please explore suicide prevention with the links to the right!	<a href="https://www.cdc.gov/suicide/index.html">https://www.cdc.gov/suicide/index.html</a> <a href="https://www.nimh.nih.gov/health/topics/suicide-prevention">https://www.nimh.nih.gov/health/topics/suicide-prevention</a> <a href="https://vippp.utah.gov/suicide-prevention/">https://vippp.utah.gov/suicide-prevention/</a>
Emotional Wellness Checklist from NIH	Look over the list from NIH and incorporate some items into your daily life thought the semester. Try to make some a habit if you can!	<a href="#">Emotional Wellness Checklist</a>
<b>Ongoing Campus Initiatives - 5 points per week</b>	<b>Description</b>	<b>Example</b>
Red Handed Award	Honor good work above and beyond job duties for faculty, staff, students, and external constituents on campus.	Please follow the link: <a href="https://www.suu.edu/suunw/red-handed.html">https://www.suu.edu/suunw/red-handed.html</a>
Across Campus	This is probably the broadest activity. Truthfully, it is any activity that is associated with SUU.	Attending a Faculty-Senate meeting, going to Women's Network events, attending a sports game, doing a CTI training, or joining a club.
Recycle/Reuse	Anything associated with saving energy, reusing materials, and ultimately thinking of the environment as you perform regular activities.	"I used my reusable bags at Walmart instead of the plastic bags."