

NAME \_\_\_\_\_

HEALTHY DAILY HABITS	9- Nov	10- Nov	11- Nov	12- Nov	13- Nov	14- Nov	15- Nov	16- Nov	17- Nov	Total	Point multi.	New total
30 minutes of daily exercise											x2	
Drink 64 ounces of water over the course of a day											x1	
Find 3 minutes during the <u>school day</u> to: Rest, Relax and Refocus											x2	
Get 7-8 hours of sleep a night											x2	
Bring a healthy snack to the staff room to share with everyone											x3	
Join class in a brain break											x1	
Join in a walking meeting *											x3	
Eat at least 4.5 cups of fruits/vegetables											x1	

GRAND TOTAL \_\_\_\_\_

# WEST POWELLHURST WELLNESS CHALLENGE

Along with the fancy water bottles given to you by the David Douglas wellness committee we have the opportunity to compete in a wellness challenge. All West Powellhurst staff members are encouraged to join and have fun with it.

## **RULES:**

1. The challenge runs from November 9<sup>th</sup> through the 17<sup>th</sup>
2. Each day there are 8 healthy daily habits you can complete. If/When you complete a healthy habit give yourself a point in that column for that day. Only 1 point per habit (ex. You do not get 2 points for drinking 128 ounces of water in a day).
3. At the end of the challenge total your points from each habit.
4. Then multiply it by the point multiplier. Habits that take more effort are worth more points.
5. Total all the points and turn the paper into Jordan's box by Nov. 21
6. Everything is on the honor code
7. The winner will be announce at a staff meeting and choose between a Hydroflask, cookbook or foam roller for their prize.
8. In the event of a tie, the winner will be the staff member who has done the most individual habits (not using the multiplier). If it's still tied, we'll draw cards. High card wins.

\*A walking meeting is a normal meeting (PLT, grade level, etc.), but instead of sitting you are walking. It might only work for half of your meeting time.