the Game of a Healthier LIFE

Presented By

Student 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 goals as you complete them. Unless noted otherwise, goals are to be completed once for that given week, with each completed goal 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 goals out of order from which they are displayed. Weekly emails will be sent with updates and support!

GAME BOARD

Week 1 = Physical Activity & Nutrition
Week 2 = Stress Management & Time Management
Week 3 = Mindfulness & Body Image
Week 4 = Sleep
Week 5 = Healthy Relationships
1. Eat fruit instead of a sugary dessert or snack
2. Drink 6-8 eight-ounce glasses of water
3. Spend 30 minutes doing physical activity you enjoy on 3 days
4. Eat 3+ servings of fruits & veggies on 3 days
5. Complete a strength training workout
6. Spend 10 minutes stretching
7. Walk or bike to all of your classes
8. Get up and move once every hour while studying/working

WEEK 1
Total Points: ____
Create a weekly schedule

Talk to a friend or family member about stressors

Make time for a sit-down breakfast

Create a list of goals for the week

Develop a list of activities you enjoy/find relaxing and post it in a visible spot to refer to when stressed

Eliminate 30 minutes of non-essential screen time

Plan a timeline for an assignment

Spend 5-10 minutes trying out a new stress management technique

Talk to a friend or family member about stressors
Eliminate a less positive social media page and/or replace it with a more positive one

Make a list of qualities in yourself that you like that are not related to appearance

Observe hunger and fullness levels each time you eat

Spend 15 minutes journaling, meditating, enjoying nature, practicing yoga, or doing any other mindfulness activity

Give someone a compliment that doesn’t relate to their appearance

Write down 1 (or 2) negative statements you tell yourself (or say to yourself) and write at least 2 positive statements to replace it

Enjoy a meal with no distractions, no screens, reading material, etc.

Accumulated Points: ____

WEEK 3
Total Points: ____
Avoid caffeine after 4pm

Keep your bedtime consistent on at least 3 nights

Do a 10-minute relaxation exercise prior to sleep

Avoid alcohol, high sugar, high fat foods & exercise 2 hours before bedtime

No screen time in bed

Eliminate or limit naps to less than an hour

Get up at the same time in the morning on at least 3 days

Register for the free Refresh Sleep Program: studentwellness.uiowa.edu/programs/refresh/

Accumulated Points: ____
WEEK 4
Total Points: ____
Make a list of personal boundaries you have for yourself in intimate relationships and friendships

Call, FaceTime, or write a letter to a friend or family member

Attend a University or community event

Introduce yourself to someone new

Share your appreciation of a friend, partner, or family member with them

Do something nice for someone

Set aside time this week to spend with someone you haven’t seen in awhile

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Accumulated Points: ____  
Total Points: ____

WEEK 5