



## ***Frequently Asked Questions***

### **WHAT'S THE GOAL OF THE PROGRAM?**

The goal is to take one step per day to establish healthier habits that can be easily incorporated into any lifestyle. Healthier habits can improve your overall wellbeing and you can experience the benefits without investing a lot of time or money. We hope this program helps you identify what is most supportive to you!

### **WHEN?**

The program runs from September 23 – October 13, 2024. You have 3 weeks to take steps to improve your well-being!

### **HOW?**

1. Register for the program at [Fall into Wellness | Student Wellness - Division of Student Life | The University of Iowa \(uiowa.edu\)](#)
2. Download/Print the Fall into Wellness game board.
3. Each day from September 23 – October 13, try to complete one activity from the game card that is associated with the day of the week. Once you've completed the task, color in the section of the leaf. Try not to repeat tasks throughout the program!
4. At the end of the program, complete the evaluation and register for prizes.

### **WHAT IF I REGISTERED, BUT HAVEN'T RECEIVED ANY EMAILS ABOUT THE PROGRAM?**

Your email may have been entered incorrectly on the registration! If you do not receive an email confirming your registration, there may be a problem with the email entry. Contact [keanna-knutson@uiowa.edu](mailto:keanna-knutson@uiowa.edu) to check on your registration (and to correct the email if needed).