

Fall Back into *Balance*

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 supportive habits and find a good balance in your life.

WHEN?

The program runs from September 28 – October 17, 2026. You have 4 weeks to take steps to improve your well-being!

HOW?

1. [Register for the program here.](#)
2. Download/print the [Fall Back into Balance tracking sheet.](#)
3. Each day from September 28-October 17, try to complete one goal from the sheet. Feel free to color in each section of the leaf as you complete goals to track your progress!
4. At the end of the program, complete the evaluation to receive a prize for participating in the program.

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

Your email may have been entered correctly on the registration! If you do not receive an email confirming your registration, there may be a problem with email entry. Contact lindsey-norman@uiowa.edu to check on your registration (and to correct the email if needed).