Lucky 7 Wellness Challenge

February 12 – March 30

Program Details

Overview

This fun and exciting 7-week wellness campaign challenges participants to engage in regular physical activity and other healthy behaviors, such as eating well and taking steps to reduce stress.

- Each week, individuals and teams of Lucky 7 participants receive a list of 7 different wellness activities, which can range from taking a 10 minute mid-day walk to packing a healthy snack.

- If you are part of a team, team members divide up their activities so that each team member is responsible for completing at least one activity by the end of the week. If they work together to complete the list of activities, Lucky 7 tokens are earned for the team. This challenge is a great chance to try a new activity or revisit an old favorite and contribute to the success of your team!

- Along the way, participants can earn additional tokens by logging their exercise minutes. The more tokens you earn, the greater the odds of winning the Lucky 7 grand prize!

- At the end of the challenge, individuals and teams have an opportunity to exchange their Lucky 7 tokens for prizes!

Registration

- Registration begins Monday, January 22. Complete the online registration form HERE. Registration deadline is February 9.

- **Team Registration** – Teams are limited to 7 members. When forming a team, please select a team captain. The team captain is responsible for registering the team (by providing the names and emails of each team member) and for submitting your team’s weekly scorecard. Note: Each team member does not need to register individually.

Questions?
Contact Karyn Smith – Health Educator
karync@bgsu.edu or 419-372-9309
www.bgsu.edu/wellaware

Bowling Green State University
Division of Student Affairs
Recreation and Wellness
Challenge Rules

Individuals

- Earn 25 tokens by completing 6-7 of the weekly activities. Earn 15 tokens for completing 5 of the weekly activities.
- Additional tokens can be earned by exercising throughout the week. Earn 1 token for each 10 minutes of exercise completed during the week.
- Track your activity on the provided scorecard and at the end of each week submit the tokens you earned to the challenge coordinator.

Teams

- The goal is to equally distribute the activities so all team members contribute to the completion of these unique activities whenever possible.
- Earn 25 tokens for completing 6-7 unique activities and 15 tokens for completing 5 unique activities.
- Additional tokens can be earned by exercising throughout the week. Team members will log and report exercise minutes each week to their team captain. Team captain is responsible for calculating the team average and awarding one team token for each ten minutes of exercise averaged during the week. A tracking sheet is provided to assist with this.
- At the end of each week, the team captain submits the tokens your team earned to the challenge coordinator.

Frequently Asked Questions

WHO is the program designed for? This program is designed for those just considering making meaningful lifestyle changes to those who are already practicing healthful habits. The real emphasis of this program is on developing a habit of regular exercise and other healthy behaviors, and utilizing social support and variety to promote adherence.

WHAT is the program goal? The goal is to provide participants with the tools to make meaningful and healthful lifestyle changes. This program focuses on individuals or teams competing to earn tokens for establishing a habit a regular exercise, as well as healthy eating habits and stress reduction techniques.

WHEN and WHERE do I need to complete activities? Some activities are available on campus and others will be completed during the time that is most convenient for you. Exercise can be completed at home, at the gym, or wherever else you feel comfortable exercising. Activities can be completed independently or with teammates.

HOW will my progress be tracked? You will be provided a weekly tracking form. If you are part of a team, each week you will report your exercise minutes and activities to the team captain. Your team captain will compile the team’s accomplishments and submit it to the challenge coordinator.

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