



Health, Wellness, Financial Well-Being, Vehicle Safety, and Exercise.

Name _____ Total Pts _____ Complete one healthy activity each day to be eligible for the door prizes.

10/6	10/7	10/8	10/9	10/10	10/11	10/12

When you complete one of the activities below, fill in a square above with the activity’s code. Please enter the code under the day the activity was completed. Each activity can be completed once per day.

<i>AP – point for having a Health app or download new Health app.</i>	<i>FP - Donate two non-perishable items to Stetson Food Pantry. Bring to Student Affairs</i>	<i>IM - Participate in IM Sports October 6 - 12</i>	<i>SG - Workout at the Stetson Gym</i>
<i>BD - Blood Drive Sept 8 or Oct 12</i>	<i>FS - Free Space. Activity of choice. Limited to one daily.</i>	<i>JD - Healthy meal Option JD Café October 6 - 12</i>	<i>SH - Visit Seminole Heights Sunday Market on October 10</i>
<i>BP - Attend benefit provider session at Health Fair</i>	<i>FT - Family Time</i>	<i>JN - Journaling take a few moments and write down your thoughts.</i>	<i>SP - Visit St. Petersburg Saturday Market on October 9</i>
<i>BR - Take a bike ride</i>	<i>FW - Attend Financial Well Being breakout session at Health Fair</i>	<i>KT - Pick up ILSP Key Tag from Student Affairs or HR</i>	<i>SY - Check tire pressure on your vehicle</i>
<i>CA - Visit Corey Ave Sunday Market. St. Pete Beach Sunday, October 10</i>	<i>GT - Visit Gulfport Tuesday Fresh Market on October 12</i>	<i>MS - Attend Meditation session at Health Fair</i>	<i>T - Take the stairs</i>
<i>CY - Attend Chair Yoga session at Health Fair</i>	<i>GY - Workout at the gym of your choice</i>	<i>MW - HIV or Hep C testing with Metro Wellness</i>	<i>VX - Flu or Shingles Vaccination January 1 – October 12</i>
<i>DT - Skip the drive thru and eat/drink healthy at home – saves money</i>	<i>HM - Prepare a healthy breakfast, lunch, or dinner meal at home</i>	<i>NT - Visit North Tampa Market October 9 at Carrollwood Cultural Center</i>	<i>WK - Walk around the block. Park further out and walk to your destination</i>
<i>EX - Any form of exercise</i>	<i>HT - Attend Health Trivia session at Health Fair</i>	<i>RC - Running Club with Nathan October 6 - 12</i>	<i>YG - Yoga with Lauren October 6 - 12</i>

1 point – Activities October 6 – October 11

2 points – Activities October 12

Passports are due to lawhealthfair@law.stetson.edu or bring your printed passport to Human Resources or Student Affairs by October 12, 5:00pm.

If you are one of six top point earners*, you will receive \$25.00 Publix Gift card and an additional entry for door prizes.

*Based on time of submission.

The drawing for door prizes will take place on Teams, October 13, 3:00pm