

# Wellness Challenge 2019

Activity	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.	Total
Diet								
Hydration								
Exercise								
Sleep								
Stress								
Weight Loss (Staff Only)								
Building led event 5 pts.								

## Wellness Categories

**DIET** – 1 point for every serving of fruit and/or vegetables (1/2 cup = 1 serving)

**HYDRATION** – Every 8 ounces of water you drink = 1 point

- Example: 64 ounces of water = 8 points

**EXERCISE** – Every 30 minutes of moderate activity = 1 point

**SLEEP** – 7-9 hours of sleep during the night = 1 point

**STRESS** – Meditation, yoga, spiritual group (for every hour you meditate, do yoga, attend church/spiritual group = 1 point)

**PARTICIPATE IN A BUILDING-LED EVENT** – Each building-led activity = 5 points

- Building must advertise the challenge one week prior to event and report to wellness committee member. (Individual buildings may have wellness challenges to increase the opportunities to earn points.)

Dress like a P.E. teacher every Monday

Points must be submitted by noon every Monday

[www.cantonclsd.oh.schools.bz/Content2/wellness-challenge-2019](http://www.cantonclsd.oh.schools.bz/Content2/wellness-challenge-2019)