



Summer Challenge

Complete at least 6 activities to get
SUMMER!

Please submit completed forms to
wellness@uwgb.edu by August 13 to
receive a prize.

S	U	M	M	E	R
Participate in an outdoor sport	Visit a local waterway or beach	Mow the lawn	Eat a meal outdoors	Plant a fruit or vegetable Plant	Visit a farmer's market
View the stars on a clear night	Watch a sunrise or sunset	Pick up litter	Go for a walk	Clean your yard	Check an item out from the Shorewood Center
Eat Ice Cream	Go to nature or wildlife center	Walk outside instead of inside or take the stairs instead of the elevator	Pick Berries	View an outdoor sporting event	Stay Hydrated Drink 64 oz water
Have a jam out session while cleaning the house	Go camping or hiking	Sit down and enjoy a good book outside	Visit a city, county, or state park	Watch 2 LinkedIn Learning Videos on wellbeing	Walk at least 10,000 steps in one day
Watch Fireworks	Complete a workout	Walk, run, or ride on local trail	Try a new recipe with fresh produce	Have a campfire and roast marshmallows	Go for a bike ride
Dip your toes in the water/swim	Attend a summer festival/county fair	Take a deep breath when feel stressed: because you're AWESOME!	Give someone a compliment	Complete <u>Kognito</u> Cultivating Inclusive	Spend 30 minutes doing something you enjoy