



# THE ULTIMATE UEA STAYWELL CHALLENGE Bonus Points



The following activities are optional and can be used for “bonus points”. You can complete them anytime from March 22 - April 25th. One time only per activity. No partial points awarded.

During Spring Break record 28 points from chart to earn a total of 7 bonus points.  
7 points

Get a non-team member to exercise with you.  
3 points

Find a healthy recipe (one you have not used before) and prepare it.  
3 points

Bring in a healthy snack for your staff .  
4 points

Try a new physical activity.  
3 points

Read a story or article about health to your students. Or, if more appropriate, have your students read the selection on their own.  
3 points

Write your Wellness Journey and submit story with photo to [nancy.smith@uticak12.org](mailto:nancy.smith@uticak12.org).  
10 points

**TOTAL BONUS POINTS \_\_\_\_\_**

\* Add Bonus Point Total to your individual GRAND TOTAL