

THE ULTIMATE UEA STAYWELL CHALLENGE

MARCH 22 - APRIL 25

Record 1 point for each activity you complete		
1	Drink 4-6 glasses of water a day	1
2	5 or more servings of fruits and vegetables	1
3	20 minutes or more of physical activity	1
4	15 minutes or more weights and /or stretch	1
5	Do 1 Random Act of Kindness	1
6	7-8 hours of sleep a night	1
7	15 minutes of "me" time	1
Daily Total		7



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mar 22	23	24	25	26	27	28
4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water
5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg
20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity
15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch
Kind act	Kind act	Kind act	Kind act	Kind act	Kind act	Kind act
7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep
15 min me time	15 min me time	15 min me time	15 min me time	15 min me time	15 min me time	15 min me time
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
29	30	31	Apr 1	2	3	4
4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water
5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg
20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity
15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch
Kind act	Kind act	Kind act	Kind act	Kind act	Kind act	Kind act
7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep
15 min me time	15 min me time	15 min me time	15 min me time	15 min me time	15 min me time	15 min me time
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
5	6	7	8	9	10	11
Bonus Week	Bonus Week	Bonus Week	Bonus Week	Bonus Week	Bonus Week	Bonus Week
12	13	14	15	16	17	18
4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water
5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg
20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity
15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch
Kind act	Kind act	Kind act	Kind act	Kind act	Kind act	Kind act
7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep
15 min me time	15 min me time	15 min me time	15 min me time	15 min me time	15 min me time	15 min me time
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
19	20	21	22	23	24	25
4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water	4-6 gl. water
5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg	5 s. fruits/veg
20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity	20 phy activity
15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch	15 wts or stretch
Kind act	Kind act	Kind act	Kind act	Kind act	Kind act	Kind act
7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep	7-8 hrs sleep
15 min me time	15 min me time	15 min me time	15 min me time	15 min me time	15 min me time	15 min me time
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total

**Week 1
Total Points**

**Week 2
Total Points**

**Week 3
Sprint Break!**

"See bonus point information sheet"

**Week 4
Total Points**

**Week 5
Total Points**

**Grand Total
including
Bonus points**
