



YOUR PASSPORT TO HEALTH & WELLNESS



TAKE THE 30-DAY CHALLENGE

Looking to improve your health and overall well-being?

Participate in this 30-day challenge.

How does it work?

Choose from a variety of activities to complete on the Wellness Passport. Accumulate points for the activities you complete. You may choose one activity or all activities. The choice is yours!

Who is eligible?

All students and employees are eligible to participate. Participation is voluntary and all information will remain confidential.

When does the challenge start?

The challenge will start August 2 and will end August 31.

How do I complete the passport?

For every activity you complete, enter the appropriate number of points in the corresponding activity row and day column.

What's in it for me?

By participating, you will have an opportunity to improve your health and well-being, be more energetic and get on the path to wellness.

How do I submit my completed passport?

At the end of the 30-day challenge, total your points and submit to deneen.b.scuderi@njit.edu.

**Accumulate 30 points or more between August 2 and August 31
and receive a \$10 Amazon gift card.**



Health & Wellness Passport

August 2021

Enter the number of points accumulated for each activity each day.
Total your points at the end of the challenge.

	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL POINTS
Stair Challenge 1 pt. earned each time you use the stairs and skip the elevator																															
Eat Healthy Challenge 1 pt. earned each time you substitute a fruit or veggie for a junk food snack																															
Drink Healthy Challenge 1 pt. earned each day you drink 32 oz. of water																															
Gratitude Challenge 3 pts. earned for every letter of gratitude written																															
Relaxation Challenge 1 pt. earned for every 10 minutes of quiet time taken in a day OR for watching a Meditation in Minutes video A Moment of Happiness A Vacation From Work Clear Your Mind, Improve Your Focus																															

TOTAL POINTS _____