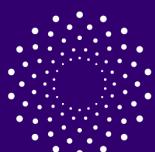


# HUSKY STRONG WINTER GAMES



## CHALLENGE PACKET



THE WHOLE U  
UNIVERSITY *of* WASHINGTON

# OVERVIEW

## WELCOME

Welcome to the **Husky Strong Winter Games!** This 3-week wellness challenge begins Monday, February 9 and ends Sunday, March 1.

This handbook will guide you through the three weeks. **Each week you'll participate in challenges to earn points.**

Your points are totaled for our overall individual leaderboard and averaged for our cross-campus competition. Earn points for a chance to win a personal prize and earn bragging rights for your campus!

## INSTRUCTIONS

### EARN AND TRACK YOUR POINTS:

- Each week focuses on a wellness theme with activity challenges to earn points.
- Complete the activities that work for you, participation is flexible and self-paced.
- As you complete activities, track your points. Use our point tracker to keep your tally for the week! At the end of the week, submit your points.

### SUBMIT POINTS AT THE END OF EACH WEEK:

Submit your points using the Microsoft form:

[bit.ly/HSWGForm](https://bit.ly/HSWGForm)



Points are due by Sunday at midnight to win a prize.

View the ongoing leaderboard on The Whole U website:

[bit.ly/HSWGWebpage](https://bit.ly/HSWGWebpage)



### COMPETE TO WIN PRIZES:

**Grand prize:** At the end of the challenge, the top 5 overall point earners will each receive a grand prize Snappy gift!

**Weekly participation drawings:** 5 participants who submit points in Week 1 and Week 2 will be randomly selected to receive a Snappy gift.

Submitting your points = automatic entry!

# KEY DATES AND RESOURCES

**Wednesday, February 4**

Opening Ceremony on Zoom!



**Monday, February 9**

Week 1 challenges begin: Strong Body!

**Sunday, February 15**

Week 1 points due at midnight.

**Monday, February 16**

Week 2 begins with a new set of challenges: Centered Mind!

5 participants selected at random for prize and notified via email.

**Sunday, February 22**

Week 2 points due at midnight.

**Monday, February 23**

Week 3 begins with a new set of challenges: Fuel Strong!

5 participants selected at random for prize and notified via email.

**Sunday, March 1**

Week 3 points due at midnight. Challenge ends!

**Wednesday, March 4**

Celebrate the end of the Winter Games!

Final campus and individual winners announced.

## EVENTS AND RESOURCES FOR THE CHALLENGE

Attend events and access resources guaranteed to score you points!

View and register our website: [bit.ly/HSWGWebpage](http://bit.ly/HSWGWebpage)



# WEEKLY CHALLENGES

Each week will have **3 different challenges**. Complete all three, or as many as you can! Some challenges have preset point values, others depend on your activity.

## WEEK 1 - STRONG BODY - FEB 9 - 15

### CROSS CAMPUS SKI

Track your total exercise minutes for the week.

(Strength training, cardio, etc.)

**Point value:** 1 minute = 1 point



### SNOWBOARD BALANCE

Track your total minutes spent on balance or stretching exercises.

(yoga, Pilates, tai chi, etc.)

**Point value:** 1 minute = 1 point



### SPEED SKATER STREAK

Set a goal and count your total steps!

**Point value:** 1 step = 1 point



## WEEK 2 - CENTERED MIND - FEB 16 - 22

### MINDFUL BIATHALON

Pair movement and mindfulness with mindful walk breaks.

**Point value:** 1 minute = 1 point

### CURLING FOR CALM

Add a mindful moment to meetings and team gatherings.

**Point value:** 1 occurrence = 10 points

### GRATITUDE GOLD

Share appreciation or kudos to teammates.

**Point value:** 1 kudo/compliment = 5 points

### BONUS POINTS!

Track total minutes of mindfulness.

**Point value:** 1 minute = 1 point



# WEEKLY CHALLENGES

Each week will have **3 different challenges**. Complete all three, or as many as you can! Some challenges have preset point values, others depend on your activity.

## WEEK 3 - FUEL STRONG - FEB 23 - MARCH 1

### BIATHALON BITES

Complete 2 key nutrition targets each day of the week:

- Eat at least 1 fruit or vegetable
- Drink 64 oz of water minimum.

**Point value:** 1 day completed = 5 points (collect for all 7 days!)

### NORDIC NUTRITION SPRINT

Homemake and savor a nourishing winter meal or snack.

(Hearty soup, balanced grain bowl, roasted veggies, etc.)

**Point value:** 1 occurrence = 10 points

### FUELING PODIUM

Build a 'podium' of nutrition wins. Choose 3 of the following practices and complete at least one time during the week:

- Pack a healthy lunch
- Swap a sugary drink for water or unsweetened tea
- Try a new nutrient-dense food
- Eat a protein-rich breakfast
- Reduce added sugar for the day

**Point value:** Complete 3 activities = 20 points (all or nothing points!)

### BONUS POINTS!

Track total servings of fruits and vegetables for the week.

**Point value:** 1 serving = 1 point



# POINTS TRACKER

Our tracker will help you to add up all of your points for your three challenges! Make sure to submit by Sunday at midnight each week to be entered for prizes.

 **WEEK 1**  **STRONG BODY**

**Exercise minutes**

**1 minute = 1 point**

**Balance and stretch minutes**

**1 minute = 1 point**

**Total steps**

**1 step = 1 point**

**WEEK 1 TOTAL**

 **WEEK 2**  **CENTERED MIND**

**Mindful movement minutes**

**1 minute = 1 point**

**Mindful meeting moments**

**1 occurrence = 10 points**

**Kudos to teammates**

**1 kudo = 5 points**

**Bonus: Total mindful minutes**

**1 minute = 1 point**

**WEEK 2 TOTAL**

 **WEEK 3**  **FUEL STRONG**

**2 key nutrition targets**

**1 day complete = 5 points**

**Nourishing winter meals**

**1 occurrence = 10 points**

**Podium of nutrition wins**

**3 items done = 20 points**

**Bonus: Total servings of fruits and veggies**

**1 serving = 1 point**

**WEEK 3 TOTAL**