

# PASSPORT TO WELLBEING



THE WHOLE U  
UNIVERSITY of WASHINGTON



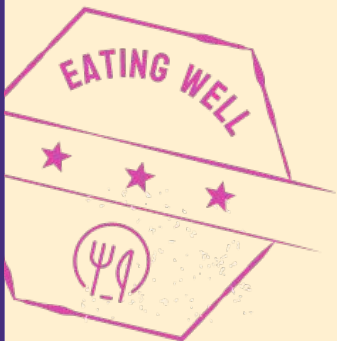
You're officially cleared for takeoff on your summer wellness adventure!

Over the next six weeks, explore four key areas of well-being—**Mental Health**, **Physical Activity**, **Connection**, and **Nourishment**—at your own pace.

Mix activities or focus on one area at a time. Earn miles with every completed activity and unlock official Mileage Groups:

- Cherry Blossom Bronze: 500–999 miles
- Spirit Purple: 1,000–1,999 miles
- Husky Gold: 2,000+ miles

Complete **all activities** in a category to earn a **stamp**!



# HUSKY MINDSET: MENTAL HEALTH AND MINDFULNESS

Every adventure needs a moment of stillness. At this stop, explore the art of slowing down. From deep breaths to daily reflections, these simple check-ins will clear the runway for resilience and clarity.

## 50 MILES

HUSKY PAUSE

- ☐ **Breathe Like a Husky** – Take a 2–5 minute mindful breathing break. Inhale. Hold. Exhale. Repeat.
- ☐ **Midday Mind Check** – Ask yourself: How am I doing right now? What do I need?
- ☐ **Nature Connection Moment** – Step outside and soak in the PNW beauty. Sky. Wind. Birds. Peace.
- ☐ **Teatime Timeout** – Put down the to-do list. Sip and savor your coffee or tea with full attention.

## 75 MILES

PURPLE REFLECTION

- ☐ Create a daily affirmation and revisit it 3 times like a Husky mantra.
- ☐ Write a heartfelt letter to yourself—yes, you deserve it.
- ☐ Make space for **personal time** – Define what it is and schedule it regularly.
- ☐ Reflect on 3 things you're grateful for before wrapping your workday.

## 100 MILES

WHOLE DAWG RESET

- ☐ Watch a **mindfulness recording** from [The Whole U YouTube](#).
- ☐ **Digital Detox** – No screens for 3 hours before bed. Let your Husky brain rest.

Track mileage



Compete all Mindful activities?  
Collect your stamp!

# HUSKY MOVEMENT: BE ACTIVE, STAY STRONG

Stretch your legs, shake off the jet lag and get those wellness wheels turning. Every bit of movement adds miles to your passport!

## 50 MILES

EVERYDAY DAWG  
MOVES

- ☐ Do 5-10 **stretch breaks** twice during workday.
- ☐ Take two **“Husky Laps”** around your building or hallways.
- ☐ **Stand or Move** during at least one meeting or zoom call.
- ☐ **Step & Sip** - Hydrate on the move. Take a walk with your water.

## 75 MILES

HUSKY HUSTLE

- ☐ Knock out a 30-minute walk or workout before or after work.
- ☐ Check your **posture** and adjust your desk for better ergonomics.
- ☐ Schedule a **walking meeting** with a colleague—chat and stroll.
- ☐ Take the stairs throughout your day.

## 100 MILES

DAWG CHALLENGE

- ☐ Join a **live or recorded Whole U fitness class**.
- ☐ Crush a **45+ minute workout** before or after work

Track mileage



Compete all Mindful activities?  
Collect your stamp!

# HUSKY CONNECTIONS: COMMUNITY & BELONGING

No one travels this journey alone. Here, you'll make layovers in gratitude, kindness and meaningful connection.

## 50 MILES

KINDNESS GOES A LONG WAY!

- ☐ Send a kind note, text, or email to someone you appreciate.
- ☐ Give a verbal **Husky High Five** to a teammate.
- ☐ Call a friend or family member just to check in.
- ☐ Invite someone to a **coffee break**—virtual or in person.

## 75 MILES

DAWG DIALOGUE

- ☐ **W share:** Tell a story about your favorite UW moment—invite others to share theirs!
- ☐ Invite a colleague for a “**Connection Walk**” to chat and stretch your legs.
- ☐ **Purple Pulse:** Host a quick team huddle to share something positive or uplifting.
- ☐ Share a podcast, book or tool that's helped your wellness journey with a colleague.

## 100 MILES

HUSKY UNITY

- ☐ Plan a **team wellness activity:** group walk, potluck, or Whole U event.
- ☐ Eat a lunch with a colleague (virtual counts!)—connect beyond work talk.

Track mileage



Compete all Mindful activities?  
Collect your stamp!

# HUSKY FUEL: EATING WELL & NOURISHING RIGHT

Every explorer needs to refuel. This tasty stop invites you to tune into how you nourish your body; with intention, color and joy.

## 50 MILES

DAILY FUEL UPS

- ☐ Drink a full glass of water **before and after each meal** today.
- ☐ Swap soda or sweetened drinks for water or herbal tea.
- ☐ Choose one fruit or veggie snack today.
- ☐ Add fiber-rich foods like whole grains, beans, or veggies to your meals.

## 75 MILES

HEALTHY PLATES

- ☐ Eat five different fruits or veggies in one day.
- ☐ **Meal prep** a healthy breakfast, lunch, or dinner for two days.
- ☐ Share your favorite healthy recipe with colleagues or post to the Whole U Teams channel.
- ☐ Try a new **cooking method**: roasting, steaming, grilling or sautéing.

## 100 MILES

CONNECTION &  
COMMUNITY  
WITH FOOD

- ☐ Watch a **Whole U nutrition seminar or cooking demo**.
- ☐ Host or join a healthy **Husky Potluck** with your team.

Track mileage



Compete all Mindful activities?  
Collect your stamp!

# COUNT YOUR MILES

Your six-week summer wellness adventure has arrived at its final destination and now it's time to tally your total miles and celebrate how far you've come! Review each wellness destination, add up the miles you earned and record them alongside their matching stamps below. Once you've totaled your miles from each stop, calculate your overall journey miles and see the full distance you've traveled toward well-being.

**TOTAL MILES**

Once you have added up your totals from each page, find out which Mileage Group you've landed in! No matter your total, every mile represents time you devoted to yourself.



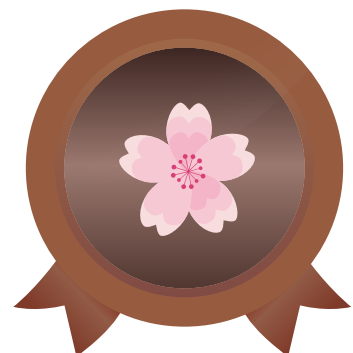
**HUSKY GOLD**

2,000+ MILES



**SPIRIT PURPLE**

1,000 - 1,999 MILES



**CHERRY BLOSSOM BRONZE**

500 - 999 MILES

THANK YOU FOR TRAVELING WITH THE WHOLE U!