



How to Ride Your Way to Wellness

This checklist will help guide you through a two-week journey focused on **YOU**. Each day you'll be learning and trying new things all while competing for weekly and grand prizes! Challenge a friend to sign up and keep each other motivated! Buckle in now by reading through each step to increase your chances of winning it all! You are already **WELL** on your way!

- ❑ **If you haven't already** - accept the challenge by registering online with the QR code at the bottom of this checklist! Be sure to check out the website for additional details and resources related to the challenge. Check your email daily for reminders, updates, surprise bonus activities, and winner alerts. Follow @boisestatehousing on Instagram for additional updates too!
- ❑ **Pick up your Starter Kit** at the front desk of your Residence Hall the weekend before the challenge starts (February 5-7th). Your starter kit is filled with tips, tools, and tasty snacks that will boost your ride! Be sure to jump on the wagon early as only 75 starter kits are guaranteed! *If you are one of the first 75 to register, you will receive an email with more information.
- ❑ **Check out your Calendar!** Find your calendar inside of your starter kit, on the event page online, and via email. Each day of the week has two new wellness related challenges. We challenge YOU to complete them all! Keep your calendar handy and the ride will be smooth as you tackle two new challenges one day at a time.
- ❑ **How's the Ride?!** Stay motivated, it'll be over before you know it! Each challenge you complete earns you a point. The more daily challenges you complete, the more points and chances you have to win a prize!
- ❑ **At the end of each week**, complete the survey online to earn points by letting us know how you did! We'll ask about your daily challenges and you'll have a chance to upload a picture from any bonus activities for **EXTRA** points! Each week the individuals with the most points will be entered into a drawing for the weekly prize! Weekly Prize winners will be emailed to claim their prize early the next week.
- ❑ **Keep up the good work!** The more challenges you complete, the better your chances are for winning prizes! In addition to the weekly prizes, final scores will be tallied up, and an individual winner will be drawn for the **GRAND PRIZE**.

