



## Fall 2018 Passport Challenge

The Passport Challenge is a semester long event. Your health and wellbeing is an ongoing process. It never takes a day off so this challenge is to help you become aware of actions you can take to improve your quality of life.

**Timeframe:** Starts Monday, September 17 and ends Friday, November 16.

**How to Register:** Please complete the google forms questionnaire.

<https://goo.gl/forms/A9ZYu3Z1cKwjedQM2>

Then, the excel file will be shared with you.

**ENTER** your name on the Google Drive Excel Sheet to keep track with your Passport entries.

# of Activities Completed	Name	Email	Item #:			
			1	2	3	4
2	Jane Doe	jdoe@students.kennesaw.edu	JD		JD	
3	John Smith	jsmith@students.kennesaw.edu	JS		JS	JS
2	Michael Brown	mbrown@students.kennesaw.edu	MB	MB		

**How to play:** Complete **20** of the 32 tasks listed on the passport challenge. After you have completed a task, go to the Excel Sheet in Google Drive and **INITIAL** that you have completed the task.

Those tasks with a “~” require you to create a response on the Excel Sheet. (You’re on the honor system here).

### Prizes:

- T-shirt will be awarded to students who complete 20 of the 32 tasks.
- Charms will be awarded to all who participate.

Please feel free to email [eto@students.kennesaw.edu](mailto:eto@students.kennesaw.edu) if you have any questions!

\*\* Call Health Promotion and Wellness at (470)-578-6394 to Register!

\*SRAC is the Siegel Student Recreation and Activities Center, Kennesaw Campus

Item #:	Passport Challenge Tasks
1	Join the Stay Healthy in Nursing School (SHINS) Facebook group (if you are already a member, you get a freebie!)
2	Attend the SHINS Fall Semester Kickoff Event Monday, September 17 from 12-1pm
3	Attend the Healthcare Job, Internship, and Graduate Fair Tuesday, September 25, from 3-6pm Kennesaw Campus University Center Rooms
4	Join the 6-week step challenge! Please fill this form out to join <a href="https://goo.gl/forms/DUpJdA7PAWfvYLeu1">https://goo.gl/forms/DUpJdA7PAWfvYLeu1</a> Starts: Monday, October 1
5	Attend 1 of 2 cooking demos just for SHINS members** Monday, October 8 OR Tuesday, October 9 from 12-12:50pm Located in the SRAC* 1220
6	Attend 1 of 2 yoga classes offered to SHINS members Monday, October 22 OR Tuesday, November 13 from 12-12:45pm Located in Prillaman Hall, Room 1001 (Indoor Plaza) <b>BYOM: Bring your own mat!</b>
7	Step outside, enjoy the outdoors for 30 minutes, whether it be walking around the Campus Green or relaxing in a hammock, and breathe in the fresh air. ~ What did you do?
8	Get your flu shot! Free flu shots on the Campus Green Tuesday, October 9 from 11am-2pm
9	Start your day off right by eating breakfast! Eat breakfast for 3 days in a row!
10	Sleep for 8 consecutive hours in one night ~List the date you did this activity
11	Drink at least 8 cups of water 3 days in a row
12	Attend a group exercise class in the SRAC* in <b>SEPTEMBER</b>
13	Attend a group exercise class in the SRAC* in <b>OCTOBER</b>
14	Attend a group exercise class in the SRAC* in <b>NOVEMBER</b>
15	Relax and take a picture of what helps you relax and post it on the SHINS Facebook page
16	Schedule a MicroFit Fitness Assessment** ~List the date you did this activity
17	Attend a Nutrition Workshop** Event schedule found on <a href="http://www.wellness.kennesaw.edu">www.wellness.kennesaw.edu</a> ~List the date you did this activity

<b>18</b>	Share a study tip on the SHINS Facebook page
<b>19</b>	Take the stairs all day instead of taking the elevator
<b>20</b>	Try something new whether it be food or exercise, or a new way to relax and de-stress ~What did you try?
<b>21</b>	Include a different fruit in at least 1 meal/day for 3 days in a row ~ List the 3 fruits that you had
<b>22</b>	Include a different vegetable in at least 1 meal/day for 3 days in a row ~List the 3 vegetables that you had
<b>23</b>	Stop by the Health Promotion and Wellness office to pick up a Blood Alcohol Content (BAC) Card ~ After 2 hours of drinking, what is the # of drinks that will put you at the Danger: Blue Zone!
<b>24</b>	Attend a KSU football game and enjoy the day/night off and have yourself a good time ~List the date you did this activity
<b>25</b>	Prepare a home cooked meal for yourself twice in one week ~ What did you make?
<b>26</b>	Attend a SHINS hike, more information can be found on the SHINS Facebook page ~ Which hike did you attend?
<b>27</b>	Go for a swim at the SRAC*. Take a lap or take the Aqua Zumba class! ~ List the date you did this activity
<b>28</b>	Try the climbing wall at the SRAC* ~ List the date you did this activity
<b>29</b>	Treat yo'self! Buy yourself something nice or get a mani/pedi. It can be something as small as treating yourself to ice cream, or whatever your heart pleases ~ What did you treat yo'self with?
<b>30</b>	Volunteer your spare time by registering on Volunteer KSU (VKSU) or volunteering in your community. ~ What did you volunteer for?
<b>31</b>	Attend the Glow in the Dark Cycling. Seats will fill quick so get there early! October 25 at 6:00pm Located in SRAC* Studio 1 Arrive 15 minutes early for bike fitting. Don't forget to bring a towel and water!
<b>32</b>	Freebie! ~ Write something that you think is something that you did that positively affect your health, sky is the limit!