



# Week 1: Community Wellness

Track your points each week for a chance to win prizes for the 31 Days of Wellness. At the end of the 31 Days of Wellness, participants will submit their total score online.

**Prizes:**

- All registered participants are eligible to win prizes.
- Grand Prize for Top Individual with the most points.
- Catered Lunch for top student team (limit 10) with the most combined points.
- Catered Lunch for the top staff/faculty team (limit 10) with the most combined points.

**Point Breakdown:**

- 1 Point for attending 31 Days of Wellness Sponsored Event w/stamp.
- 1 point for commenting/sharing event attendance via social media #mycpwell.
- 1 point for participating in *Self-Guided Activity*.
- 1 point for sharing via social media what you did for your self-guided activity #mycpwell.

*Example social media post: "Today I stopped by the community wellness fair and got a free t-shirt for participating in the 31 Days of Wellness Campus Challenge" #mycpwell*

Date	Event/Activity	Attended/ Participated	Social Media	
Example	May Day Wellbeing Fair	1	1	
	Registered for the 31 Days of Wellness			
Monday, May 1	May Day Wellbeing Fair   11:00am-1:00pm @ Mustang Way			
Monday, May 1	Mindful Monday   4:10pm-5:00pm @ Bldg 27 Rm 137			
Tuesday, May 2	May Day Wellbeing   5:00pm-7:00pm @ Recreation Center			
Tuesday, May 2	Self-Guided Activity: Reduce, Re-use, Recycle			
Tuesday, May 2	Networking for Career Success   6:10pm-7:00 @ Bldg 124 Rm 117			
Wednesday, May 3	Community Wellbeing Fair   11:00am-1:00pm @ Mustang Way			
Thursday, May 4	Learn at Lunch: Mayor Harmon   12:00pm-1:00pm @ Library 216B			
Friday, May 5	Self-Guided Activity: Find time to enjoy the sunset or sunrise today			
Friday, May 5	Unlocking Interview Success   11:10am-12:00pm @ Bldg 124 Rm 117			
Saturday, May 6	Self-Guided Activity: Meet your neighbor			
Saturday, May 6	ASI Community BBQ   11:00am-1:00pm @ Santa Rosa Park			
Sunday, May 7	Self-Guided: Support a local business today			
	<b>Filled out Pre-Survey (5 points)</b>			
<b>Total Points</b>		___ / 17	___ / 12	= ___ / 39