



ACTIVE ICHABOD The REC

STUDENT RECREATION & WELLNESS CENTER

May: Thank you for participating!!



<p>Drink at least 8 glasses of water today.</p> <p>Date: _____</p>	<p>Make your bed in the morning.</p> <p>Date: _____</p>	<p>Write down how you made yourself better today.</p> <p>Date: _____</p>	<p>Bring a positive attitude to your day!</p> <p>Date: _____</p>	<p>Take a break from studying!</p> <p>Date: _____</p> <p style="text-align: center;">3 pts.</p>	<p>Watch or listen to something relaxing.</p> <p>Date: _____</p>	<p>Try to take between 8k-10k steps 5 days each week this month.</p> <p>Date: _____</p> <p style="text-align: center;">5 pts.</p>
<p>Walk at least 5k steps today.</p> <p>Date: _____</p>	<p>Put your cart back at the grocery store.</p> <p>Date: _____</p>	<p>Complete a minimum of 150 minutes of physical activity this week.</p> <p>Date: _____</p>	<p>Active Ichabod program will end after the May's sheet. All points current points will remain valid to use through Fall 2021.</p>	<p>Allow yourself 20 minutes of breathing and meditation this morning.</p> <p>Date: _____</p>	<p>Drink more water today.</p> <p>Date: _____</p>	<p>Do something kind for a stranger.</p> <p>Date: _____</p>
<p>Take a morning walk to clear your head.</p> <p>Date: _____</p> <p style="text-align: center;">3 pts.</p>	<p>Try to be in bed by 10pm tonight.</p> <p>Date: _____</p>	<p>Get in touch with a loved one this week.</p> <p>Date: _____</p>	<p>Limit the number of times you eat out this week.</p> <p>Date: _____</p>	<p>Attend a social event.</p> <p>Date: _____</p>	<p>Do something that provides you with fulfilment.</p> <p>Date: _____</p>	<p>Make a memory with your friend or family.</p> <p>Date: _____</p>
<p>Make your favorite food one day this week.</p> <p>Date: _____</p>	<p>Make a task list to accomplish today.</p> <p>Date: _____</p>	<p>Have 5 servings of fruits and vegetables today.</p> <p>Date: _____</p>	<p>Find inspiration for the day.</p> <p>Date: _____</p>	<p>Grocery shop with a recyclable bag.</p> <p>Date: _____</p>	<p>Give yourself 5 minutes of undisturbed self reflection.</p> <p>Date: _____</p>	<p>Enjoy the sun today.</p> <p>Date: _____</p>

Active Ichabod

Active Ichabod is a Student Recreation and Wellness Center incentive program designed to improve overall wellness by rewarding participants for demonstrating good habits that contribute to a vital healthy lifestyle.

Register to be an Active Ichabod by obtaining an Active Ichabod sheet at the front desk of the SRWC or online!
Be active! Record your activity! Earn points! Redeem points for prizes! Have fun!

Active Ichabod Registration Form

Name: _____ Date: _____ Email: _____
Phone: _____ WU#: _____ Check one: Student Faculty Staff

- I am a NEW Active Ichabod participant
- I am already an Active Ichabod
- I have been an Active Ichabod previously but would like to re-register

I have read and understand the information pertaining to the Active Ichabod incentive program. To remain eligible for prizes I agree to turn in my Active Ichabod Activity Sheet by the first Friday of each month. Active Ichabod's may receive one point for each completed activity, except where point value noted. Maximum of one activity per day. I also understand that failure to submit activity logs for two consecutive months may result in the need to re-enroll in the Active Ichabod program. I understand that any Active Ichabod points I accumulate may be forfeited after three consecutive months of inactivity. Starting Fall 2020 Active Ichabod points will only be valid August 1st—July 31st and will not roll over year to year. Points accumulated prior to Aug. 2020 will remain valid until July 31st 2021. Points may be redeemed on the last Monday & Tuesday of each month between 12-4pm. If a participant is unavailable during these timeframes they can email prior to make arrangements to redeem points.

I hereby attest that I completed the activities marked on the previous sheet. I understand the foundation of Active Ichabod is based on trust and I am accurately self-reporting my activities.

_____ Signature _____ Date _____

Dimensions of Wellness



Physical

Maintaining a healthy body through good nutrition, regular exercise, avoiding harmful habits, making informed and responsible decisions about health, and seeking medical assistance when necessary.



Intellectual

Engaging in creative and mentally stimulating activities that expand knowledge and skills; allowing for sharing with others.



Environmental

Living in clean, safe, and healthy surroundings that are beneficial to total health; and living a lifestyle that is respectful and protective of the environment.



Occupational

Preparing and making use of gifts, skills, and talents for work to gain purpose, happiness, personal satisfaction and enrichment in life.



Financial

Successfully managing personal finances and developing a long range plan for financial stability.



Spiritual

Sensing that life is meaningful and has a purpose by means of the ethics, values, and morals that guide and give meaning to life.



Emotional

Developing inner strength by being attentive to both positive and negative feelings, accepting limitations, achieving emotional stability, and becoming comfortable with emotions.



Social

Building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you.