

# Summer Bucket List Challenge



May 1 *thru* Aug 16

Write Name Here



# Bucket List Rules

The Summer Bucket List challenge offers a variety of wellness related ideas to help fill your summer with fun activities.

You have the option to record your activities using this digital copy of the booklet or request a paper copy from Employee Wellness.

Each activity has check boxes with the maximum number of times you may participate in the activity. To complete an activity, initial or mark each box for every time the activity is completed.

## PRIZES

Every 4 checked boxes = 1 ticket  
into a drawing for 1 of 3 Amazon Gift Cards

Return your Summer Bucket List booklet to  
Employee Wellness by **Friday, August 16.**

**Digital: [wellness@weber.edu](mailto:wellness@weber.edu)**

**Paper: MC 3501**

# PHOTO CONTEST



**Activities with the camera icon qualify for the Employee Wellness Calendar Contest!**

## **To Enter:**

- Take a picture of you participating in an eligible activity anytime between now and August 16.
- Submit your photo(s) by emailing them to [wellness@weber.edu](mailto:wellness@weber.edu) with a title of your wellness activity.

Photos may be featured in our wellness calendar for 2020, so make sure to document "How You Do Wellness".

Please email all photos  
to  
[wellness@weber.edu](mailto:wellness@weber.edu)

By entering the Photo Contest, you agree to release the rights to your photo and allow Employee Wellness to use your photo as seen fit.

# BUCKET LIST ACTIVITIES

1. Gift something homemade (food, craft, etc.)
2. Meditate for 10 minutes
3. Get 7 hours of sleep on a weeknight
4. Watch an uplifting movie
5. Attend a social event with friends or family
6. Play a game with others
7. Go on a picnic
8. Rent gear from Weber's Outdoor Program for an adventure
9. Participate in a race
10. Attend an on-site fitness class, including Campus Recreation or Employee Wellness
11. Visit the Stress Relief Center
12. Stretch at your desk for 5 minutes
13. Save at least \$25/pay period
14. Set Holiday Spending Budget
15. Check your Free Credit Report
16. Use UTA for transportation
17. Take a hike/walk out in nature
18. Complete a Wellness Rewards submission
19. Try a new fruit or vegetable
20. Make a recipe from the PEHP Test Kitchen
21. Visit a National Park
22. Social Media Free Day (only if you use social media regularly)
23. Take a 15-minute break
24. Eat a vegetarian or vegan meal
25. Complete a LinkedIn Learning course
26. Support a local business by attending/viewing/buying
27. Random act of kindness
28. Buy a meal for a Friend, Co-Worker, or Someone in Need
29. Attend a Farmers Market
30. Create or increase an emergency fund

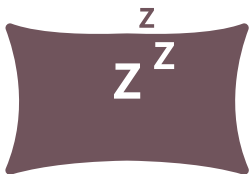
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