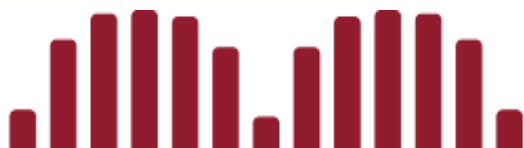




IPFW CENTER FOR HEALTHY LIVING
INDIANA UNIVERSITY-PURDUE UNIVERSITY FORT WAYNE
CAMPUS CLINIC AND WELLNESS PROGRAMS



HealthierYou

October Habits Challenge



OCTOBER 1 – 31
REGISTER TODAY!

Healthier You is a health habit challenge for IPFW faculty, staff, retirees and students. Participants will receive points log sheets and a program booklet outlining all of the healthy habit opportunities during the month of October. As IPFW faculty, staff, retirees and students, participate either as a team or individual, they will earn points that will make them eligible to get achievement gifts. Campus health and wellness resources will also be available.

- Earn points by having health and fitness screenings and events will be offered
- Earn points by attending healthy habit events.
- Earn points by achieving daily fitness, nutrition, and water intake habits.
- All participants keep track of their accomplishments day by day using the program log form.
- All participants return their log form weekly.
- All participants will be eligible to win a FITBIT and other program achievement gifts.

Healthier You is an optional team competition that emphasizes consistency — the group that averages the highest number of points earned wins.



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Healthier You Registration Form

Choose Healthy Habits, Earn Points and Enhance Health

- Attend screenings
- Get a flu shot October 14th 9am-3pm , October 22nd 3pm-7pm at Walb or October 28th 9am-3pm at ET 131
- CPR/AED training
- Go to health education presentations
- Join healthy lifestyle change programs
- Participate in health events
- Have a health consultations
- Do daily healthy habits like 8 cups of water and 3 servings of fruit daily
- Participate as an individual or team
- Top team and individual achievers will be awarded
- Return log sheet weekly to Adrienne Elkins, WU234

Name(print):_____

Please Circle Employee Spouse Student

Work Phone #:_____

Dept. Address :_____

Email Address:_____

Are you signing up a team? Yes or No

If Yes, What is your team name?_____

Team Captain:_____

Team Member:_____

Team Member:_____

Team Member:_____

Team Member:_____

Team Member:_____

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