

## McKENDREE WELLNESS CHALLENGE

### Activities List

#### SPIRITUAL

Global Awareness Week Panel Discussion - March 24 - 5 points

Jewish Seder Meal - March 26 - 10 points

Peace Museum - March 27 - 5 points

Taste of Faith - March 28 - 5 points

Volunteer for Interfaith project with Food Outreach of St. Louis - March 29 - 10 points

Celebration Chapel - May 2 - 5 points

#### RECREATIONAL

Softball - April 9 - 5 points

Rainbow Run - April 26 - 15 points

Sand volleyball - 5 points

Chamber Ensemble Concert - April 11 - 5 points

Student Art Show - April 24 - 5 points

Karaoke Night @ Lair - April 17 - 5 points

*Weekly CAB events*

#### SOCIAL

Chopped - April 15 - spectator - 8 points

- Chef - 15 points

Faculty band member - May 1 - 5 points

Participant - 10 points

Music Majors Recital - April 15 - 5 points

Dance concert - April 24 - 5 points

Senior Art Show - May 1 - 5 points

Foam party - May 2 - 5 points

### **PHYSICAL**

Fitness Classes on Campus - Boot camp, Cardio Kick boxing, Yoga, - 1 point each class; max 12 points

Dodge ball tournament - April 20 - 10 points

BIA checks - 2 points each (max 6 points)

Brown Bag - Healthy Habits grant - April 16 - 3 points

Bearcats Go Almost Bare - May 2 - 5 points

### **ENVIRONMENTAL**

Sustainable lunch - April 23 - 10 points

Recycle item(s) - 5 points

Co-op orders - 3 points for ordering (max 12 points)

Earth Fest - 5 points

Gardening Days - TBA - 5 points

### **EMOTIONAL**

Blithe Spirit - March 27, 28, 29 - one only - 5 points

St. Louis Symphony Mondays - one only - 5 points

La Boheme - Met at the Hett - April 5 - 5 points

Cardinal Baseball game - April 13 - 10 points

Visual and Performing Arts Event - April 14 - 5 points

Sex skits - April 16 - 5 points

## **INTELLECTUAL**

Student Recital - April 1, 3, 10, 21 - one only - 5

Faculty Recital - April 4 - 5 points

Choral Ensembles Concert - April 25 - 5 points

Flute Studio Concert - April 27 - 5 points

Piano Studio Recital - April 28 - 5 points

Jazz Ensembles Concert - April 29 - 5 points

Concert Band Concert - May 1 - 5 points

Percussion Ensemble Concert - May 2 - 5 points

## **OCCUPATIONAL**

Brown Bag - Income Tax - March 26 - 3 points

Career Conference - March 30 - 10 points

Interviewing Q & A Session - April 8 - 5 points

Spring Seminar Series: Credit Scores - 5 points

Other Brown Bags not listed - 3 points

**Total points needed to qualify – 200**

**Max each dimension – 25**

**Must attend at least one event per dimension**

**Must include BIA points (6) as part of total**

**Most points wins cash prize**

**Info classes – 5 points each**