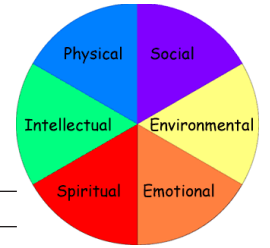


“HEALTHY ‘TIL 100” WELLNESS CHALLENGE

Adopt at least one new healthy habit and keep it up for 100 days



I Commit to: _____

Name: _____ E-Mail: _____

	S	M	T	W	TH	F	S
Week of:							
Week of:							
Week of:							
Week of:							
Week of:							
Week of:							
Week of:							

	S	M	T	W	TH	F	S
Week of:							
Week of:							
Week of:							
Week of:							
Week of:							
Week of:							
Week of:							

To increase your chances of enjoying an active, healthy retirement, we ask you to adopt at least one new healthy habit, and keep it up for 100 days. After 100 days, you should be able to make your new habit a lifelong change. The challenge officially begins on May 1, 2009, and ends on August 15, 2009. To join the challenge:

1. Choose a spoke of the Wellness Wheel that you would like to improve, and then choose at least one healthy habit in that area (see separate sheet for 100 healthy habits, broken up into the spokes of the Wellness Wheel).
2. Write your new healthy habit on the top of this tracking chart and post your chart in a visible location.
3. Track your progress on a daily basis. Place a checkmark on each day that you keep up your new healthy habit
4. If you would like to receive email reminders and tips to help you complete your challenge, join the “Healthy ‘til 100” listserv by emailing listproc@ucdavis.edu. Leave the subject line blank. In the body of the message, on a single line, enter the following text: sub healthy-til-100 <first name> <last name>, ie: **sub healthy-til-100 John Smith**.
5. If you successfully complete 100 days of your challenge, treat yourself to something special. But, don’t stop there! Continue your new habit as a lifelong change, or choose another habit and challenge yourself again.

As an added incentive for **current and retired UC Davis employees**, all who turn in their completed challenge sheet by August 30 will be entered into a drawing for the following prize, donated by the Department of Campus Recreation:

Two ARC quarter passes and two “Group X” or “Fit for Life” class passes
(You can use all of the passes yourself, or share them with an exercise buddy)

One prize winner will be selected at random from all **current and retired UC Davis employees** who submit their completed challenge tracking chart with at least an 80% success rate. To enter the drawing, turn your completed chart in between August 15, 2009 and August 31, 2009, to: the **UC Davis Retiree Center**, 168 Everson Hall, or **Starbucks** at the ARC.

For more information, or for additional tracking charts, visit our website at retireecenter.ucdavis.edu.