

On the Road Again

Wellness Scavenger Hunt: Week 1

Instructions: Look for the following items in each category. Record the number of times you found or completed the item on the appropriate day. Record the total points for each category at the end of the week. Be careful! You can lose points indicated by the **red**.

	M	T	W	Th	F	Sat	Sun	Total
FOOD								
Ordered a salad with low-fat dressing at a drive-through = +1 pt								
Subbed a salad for fries = +2 pts								
Packed a fruit = +2 pts								
Packed a cooler with healthy snacks and/or lunch = +4 pts								
Spotted a grocery store = +1 pt								
EXERCISE								
Spotted an exercise facility/pool in my hotel = +1 pt								
Used the exercise facility/pool in my hotel = +4 pts								
Completed my own 20-min workout = +4 pts								
Took a 10-min brisk walk as a break from driving = +3 pts								

	M	T	W	Th	F	Sat	Sun	Total
STRETCHING (After driving for \geq 45 min)								
Hip flexor stretch \geq 15 sec = +1 pt								
Chest stretch \geq 15 sec = +1 pt								
Quad stretch \geq 15 sec = +1 pt								
Back stretch \geq 15 sec = +1 pt								
Shoulder stretch \geq 15 sec = +1 pt								
Hamstring stretch \geq 15 sec = +1 pt								
MENTAL HEALTH								
Listened to radio for personal development = +2 pts								
Listened to audiobook for personal development = +2 pts								
Listened to educational podcast = +2 pts								
Sung with my favourite song or album = +1 pt								
ENVIRONMENT								
Left the car idling for >15 sec = -1 pt								