

# On the Road Again

## Wellness Scavenger Hunt: Week 4

**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
<b>FOOD</b>								
Ate cookies or chips = <b>-1 pt</b>								
Ate an energy bar = +2 pts								
Packed a fruit = +2 pts								
Packed a snack with 5g of fiber = +4 pts								
Drank a pop = <b>-1 pt</b>								
<b>EXERCISE</b>								
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
<b>STRETCHING</b> (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								
Did not stretch if drive was $\geq 45$ min = -2 pts								
<b>MENTAL HEALTH</b>								
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								
<b>ENVIRONMENT</b>								
Left the car idling for $>15$ sec = -1 pt								