



## Rocket Your Way to Wellness

October 15 - November 4

*Participants will complete a variety of wellness related activities each week over the course of 3 weeks for a chance to earn prizes.*

### **General rules**

- Each week, participants will complete at least 1 activity from each category on the passport. Activities cannot be completed more than once. A printable version of the Student and Faculty/Staff passports are located on the [Rocket Wellness website](#)
- All activities must be tracked on the passport or the online form.
  - Students use this [online Student challenge passport](#) form
  - Faculty/Staff use this [online Faculty/Staff challenge passport](#) form.
- Weekly pop-up activities will be posted on the [Rocket Wellness website](#). Some of the pop-up activities may require documentation. Pop-up activities will be released weekly by 9:00 a.m., on every Monday throughout the challenge period.
- Each individual must [register to participate](#) by October 15, 2018. If you do not register by the deadline (end of day October 15, 2018), you will not be eligible for prizes.

### **Submission Requirements**

- Passports/online forms must be submitted weekly, by the following Monday at 10:00 a.m.

<b>Week</b>	<b>Date</b>	<b>Submission Deadline</b>
1	10/15-10/21	10/22/18 10:00 a.m.
2	10/22-10/28	10/29/18 10:00 a.m.
3	10/29-11/4	11/5/2018 10:00 a.m.

- If passport/online form is not submitted on time, participants will not be eligible for the completion prize. If you choose to submit the passport (via email or campus mail) rather than using the online form, you still have the same submission deadlines.
- Documentation of completed activities is not necessary (just recorded on passport/online form), unless indicated for a pop-up activity.

## Prizes

	<b>Student</b>	<b>Faculty/Staff</b>
<b>Submit completed passports/online forms for all 3 weeks</b>	Receive a pair of UT socks	Receive a pair of UT socks
<b>Complete at least 4 of the 6 pop-up activities</b>	Entered into drawing toward Gift card bundle (Starbucks, Target and Barnes and Noble)	Entered into drawing toward UT Rockets athletics bundle

- Passports/online forms must be submitted by the deadline date in order to count toward the prize
- Participants will receive an email notification of their prize by November 16, 2018.
- Prizes will be distributed on a pick up schedule announced for each campus. Please view Rocket Wellness website for dates and locations for prize pick up

**For questions regarding this challenge, please email [rocketwellness@utoledo.edu](mailto:rocketwellness@utoledo.edu)**