Welcome to the UT System Fall 2017 Wellness Challenge

You’ll be teaming up with colleagues to compete against other UT System institutions for the coveted traveling trophy.

Keep up your healthy habits throughout the four-week challenge to earn your Living Well rewards: a portable phone charger and a resistance exercise band.

**WHEN?**

Registration Period
September 25 - October 16

Challenge Dates (4 weeks)
October 9 - November 5

**THE CHALLENGE**

The overall program goal is to log 200 virtual miles within the 4 week challenge. A member will accrue miles when logging steps, sleep, and water consumption on a daily basis.

- **Water goal**
  - Drink 8-10 glasses of water a day

- **Step goal**
  - Take 10,000-15,000 steps a day

- **Sleep goal**
  - Get 7-9 hours of sleep each night

**REGISTER NOW!**

www.utlivingwell.com