Welcome to the UT System Spring 2018 Wellness Challenge: Keep UT System Active

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

As a bonus, you will virtually visit each UT Institutions without having to board a plane or get in a car! While doing so, you will keep up your healthy habits throughout the four-week challenge to earn your Living Well rewards: a cooling towel and a running belt.

**WHEN?**

**Registration Period**
March 19 - April 9

**Challenge Dates (4 weeks)**
April 2 - April 29

**THE CHALLENGE**

The overall program goal is to earn 100 points, 25 per week 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