

## Fall 2018 Rewards Program

Contact: [healthhorizons@butler.edu](mailto:healthhorizons@butler.edu) OR ext. 8143  
Located in: PHSB Suite 110

Earn 1 POINT for each

- Earn 5 POINTS for each**

- Earn 25 POINTS for each**

- Earn 50 POINTS for each**

- PRIZES — please select your prize(s) of choice. Please select only one from each category  
HH Initial and Date: KC 11/13/18

NEWER ITEMS BOLDDED	Platinum (350 Points)	Gold (250 Points)	Silver (150 Points)
<input type="checkbox"/> Insulated Grocery Bag <input type="checkbox"/> Captain's Chair <input type="checkbox"/> Fleece Jacket <input type="checkbox"/> Hooded Rain Jacket <input type="checkbox"/> Sweatshirt Blanket <input type="checkbox"/> Blue-Tooth Earbuds	<input type="checkbox"/> Walking/Running Light <input type="checkbox"/> Umbrella <input type="checkbox"/> Portion Control Product <input type="checkbox"/> Travel Pillow <input type="checkbox"/> Zen Coloring Bk/Pencils <input type="checkbox"/> Lined Thermos	<input type="checkbox"/> Water Bottle <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Magnetic Clip <input type="checkbox"/> Reusable Gei Pack <input type="checkbox"/> Pill Dispenser <input type="checkbox"/> Fingertless Gloves <input type="checkbox"/> Reusable Straws	





BUTLER UNIVERSITY | HEALTH AND WELLNESS CENTER

# Healthy Horizons

## Fall 2018 Rewards Program

Name:	Points
9/17/18 - 9/21/18	1 sleep
9/17/18 - 9/21/18	5 script
9/17/18 - 9/21/18	5 steps
9/24/18 - 9/29/18	1 servings
9/24/18 - 9/29/18	1 park
9/24/18 - 9/29/18	1 restroom
10/1/18 - 10/5/18	1 lunch
10/1/18 - 10/5/18	1 park
10/8/18 - 10/12/18	50 PCP ✓
10/8/18 - 10/12/18	5 1000 step (walk)
10/15/18 - 10/19/18	1 lunch
10/15/18 - 10/19/18	1 servings
10/22/18 - 10/26/18	5 150 min w.
10/22/18 - 10/26/18	5 Meds
Total Points:	83

Keep track of points and earn rewards! Healthy Horizons is for all Butler University employees. You may start accumulating points **Aug 22, 2018**. Cards are due back to Healthy Horizons by **Friday, December 14<sup>th</sup> at 3:30 pm**. Participants will receive one prize from highest level earned and from each lesser category. All platinum winners will be entered in the *grand prize* drawing for a FitBit!

### Earn 1 POINT for each

- Participate in Center for Faith and Vocation guided meditation class
- Eat 5 servings of fruits/vegetables in one day
- Avoid all sugar-sweetened beverages for one day
- Participate in an HRC fitness class
- Pack a healthy lunch from home
- Park far away from work/store and walk
- Sleep 7 ½ hours or more in one night
- Use the restroom on different floor or building from your office
- Wear your seat belt whenever in the car or bike helmet when biking

### Earn 5 POINTS for each

- Take prescribed medications for an entire week
- Contribute a healthy meal/snack for office pitch in
- Increase your weekly step count average by 1000 steps
- Obtain 150 minutes of exercise in one week

### Earn 25 POINTS for each

- Attend a Healthy Horizons lunch and learn
- Read an entire novel for stress relief
- Register for Healthier BU Blog <http://blogs.butler.edu/healthyhorizons/>

### Earn 50 POINTS for each

- Complete annual wellness consult with Healthy Horizons
- Complete annual physical with your Primary Care Provider

PRIZES – please select your prize(s) of choice. Please select only one from each category  
HH Initial and Date: CHL 11/13/2018

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
<input type="checkbox"/> Reusable Straws <input type="checkbox"/> Fingerless Gloves <input type="checkbox"/> Pill Dispenser <input type="checkbox"/> Reusable Gel Pack <input type="checkbox"/> Magnetic Clip <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> Water Bottle	<input type="checkbox"/> Lined Thermos <input type="checkbox"/> Zen Coloring Bk/Pencils <input type="checkbox"/> Travel Pillow <input type="checkbox"/> Portion Control Product <input type="checkbox"/> Umbrella <input type="checkbox"/> Walking/Running Light <input type="checkbox"/> Di-Mesh Shirt	<input type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Sweatshirt Blanket <input type="checkbox"/> Hooded Rain Jacket <input type="checkbox"/> Fleece Jacket <input type="checkbox"/> Captain's Chair <input type="checkbox"/> Insulated Grocery Bag

Contact: [healthyhorizons@butler.edu](mailto:healthyhorizons@butler.edu) OR ext. 8143  
Located In: PHSB Suite 110



BUTLER UNIVERSITY | HEALTH AND WELLNESS CENTER

# Healthy Horizons

## Fall 2018 Rewards Program

Name:	Points
Week Of	
10/29 - 11/4	5 steps
10/29 - 11/4	1 Faith class
10/29 - 11/4	1 Lunch
10/29 - 11/4	1 skip
11/5 - 11/9	25 LUNCH in hall
11/5 - 11/9	5 toothbrush lunch
11/5 - 11/9	5 exercise
	43 = 201
11/12 - 11/16	5 increase steps by 1,000
11/12 - 11/16	5 Lunch from home
11/12 - 11/16	complete well (11/15)
	50
	50
Total Points:	350

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Located In: PHSB Suite 110

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### Earn 1 POINT for each

- Participate in Center for Faith and Vocation guided meditation class
- Eat 5 servings of fruits/vegetables in one day
- Avoid all sugar-sweetened beverages for one day
- Participate in an HRC fitness class
- Pack a healthy lunch from home
- Park far away from work/store and walk
- Sleep 7 1/2 hours or more in one night
- Use the restroom on different floor or building from your office
- Wear your seat belt whenever in the car or bike helmet when biking

### Earn 5 POINTS for each

- Take prescribed medications for an entire week
- Contribute a healthy meal/snack for office pitch in 11/4
- Increase your weekly step count average by 1000 steps
- Obtain 150 minutes of exercise in one week

### Earn 25 POINTS for each

- Attend a Healthy Horizons lunch and learn
- Read an entire novel for stress relief
- Register for Healthier BU Blog <http://blogs.butler.edu/healthyhorizons/>

### Earn 50 POINTS for each

- Complete annual wellness consult with Healthy Horizons
- Complete annual physical with your Primary Care Provider

PRIZES - please select your prize(s) of choice. Please select only one from each category  
HH Initial and Date: KLC 11/3/2018

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
<input type="checkbox"/> Reusable Straws	<input type="checkbox"/> Lined Thermos	<input type="checkbox"/> Blue-Tooth Earbuds
<input type="checkbox"/> Fingerless Gloves	<input type="checkbox"/> Zen Coloring Bk/Pencils	<input type="checkbox"/> Sweatshirt Blanket
<input type="checkbox"/> Pill Dispenser	<input type="checkbox"/> Travel Pillow	<input type="checkbox"/> Hooded Rain Jacket
<input type="checkbox"/> Reusable Gel Pack	<input type="checkbox"/> Portion Control Product	<input type="checkbox"/> Fleece Jacket
<input type="checkbox"/> Magnetic Clip	<input type="checkbox"/> Umbrella	<input type="checkbox"/> Captain's Chair
<input checked="" type="checkbox"/> First Aid Kit	<input checked="" type="checkbox"/> Walking/Running Light	<input type="checkbox"/> Insulated Grocery Bag
<input type="checkbox"/> Cloth Grocery Bag		
<input type="checkbox"/> Water Bottle		
NEWER ITEMS BOLDDED		

*Definitely want to get a Fitbit*





BUTLER UNIVERSITY HEALTH AND WELLNESS CENTER

# Healthy Horizons

## Fall 2018 Rewards Program

Name: _____	Points: _____
Week Of _____	Points _____
Aug 22-25	111
Aug 26-Sept 1	30
Sept 2-8	67
Sept 9-15	78
Sept 16-22	42
Sept 23-29	113
Sept 30-Oct 6	35
Total Points: _____	

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PRIZES – please select your prize(s) of choice. Please select only one from each category  
 HH Initial and Date: 09/11-30-18

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
<input type="checkbox"/> Reusable Straws <input checked="" type="checkbox"/> Fingerless Gloves <input type="checkbox"/> Pill Dispenser <input type="checkbox"/> Reusable Gel Pack <input checked="" type="checkbox"/> Magnetic Clip <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> Water Bottle	<input checked="" type="checkbox"/> Lined Thermos <input type="checkbox"/> Zen Coloring Bk/Pencils <input checked="" type="checkbox"/> Travel Pillow <input type="checkbox"/> Portion Control Product <input type="checkbox"/> Umbrella <input type="checkbox"/> Waking/Running Light <input type="checkbox"/> Di-Mesh Shirt <b>NEWER ITEMS BOLDDED</b>	<input checked="" type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Sweatshirt Blanket <input type="checkbox"/> Hooded Rain Jacket <input type="checkbox"/> Fleece Jacket <input type="checkbox"/> Captain's Chair <input checked="" type="checkbox"/> Insulated Grocery Bag

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 Located In: PHSB Suite 110

*Insulated Grocery Bag*

## Fall 2018 Rewards Program

Name: _____	
Week Of	Points
August 27	65
September 3	65
September 10	65
September 17	65
Total Points: 260	

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*Keep track of points and earn rewards!* Healthy Horizons is for all Butler University employees. You may start accumulating points **Aug 22, 2018**. Cards are due back to Healthy Horizons by **Friday, December 14<sup>th</sup> at 3:30 pm**. Participants will receive one prize from highest level earned and from each lesser category. All platinum winners will be entered in the *grand prize* drawing for a FitBit!

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- Eat 5 servings of fruits/vegetables in one day
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- Pack a healthy lunch from home
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- Sleep 7 ½ hours or more in one night
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- Wear your seat belt whenever in the car or bike helmet when biking

**Earn 5 POINTS for each**

- Take prescribed medications for an entire week
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- Increase your weekly step count average by 1000 steps
- Obtain 150 minutes of exercise in one week

**Earn 25 POINTS for each**

- Attend a Healthy Horizons lunch and learn
- Read an entire novel for stress relief
- Register for Healthier BU Blog <http://blogs.butler.edu/healthyhorizons/>

**Earn 50 POINTS for each**

- Complete annual wellness consult with Healthy Horizons
- Complete annual physical with your Primary Care Provider

**PRIZES – please select your prize(s) of choice. Please select only one from each category**

HH Initial and Date: as 9/21/18

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
<input type="checkbox"/> Reusable Straws <input type="checkbox"/> Fingerless Gloves <input type="checkbox"/> Pill Dispenser <input checked="" type="checkbox"/> Reusable Gel Pack <input type="checkbox"/> Magnetic Clip <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> Water Bottle	<input checked="" type="checkbox"/> Lined Thermos <input type="checkbox"/> Zen Coloring Bk/Pencils <input type="checkbox"/> Travel Pillow <input type="checkbox"/> Portion Control Product <input type="checkbox"/> Umbrella <input type="checkbox"/> Walking/Running Light <input type="checkbox"/> Dr-Mesh Shirt <b>NEWER ITEMS BOLDDED</b>	<input type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Sweatshirt Blanket <input type="checkbox"/> Hooded Rain Jacket <input type="checkbox"/> Fleece Jacket <input type="checkbox"/> Captain's Chair <input type="checkbox"/> Insulated Grocery Bag

*af*



**Healthy Horizons points**

Cumulative total: 260

Week begins	Day	Activity	Points	
August 27	August 27	7.5 hours sleep	1	Daily routine, 5 points
August 27	August 27	Use restroom on different floor	1	
August 27	August 27	Bring healthy lunch	1	
August 27	August 27	Park farther away	1	
August 27	August 27	Wear seat belt every time	1	
August 27	August 28	Daily routine	5	
August 27	August 29	Daily routine	5	
August 27	August 30	Daily routine	5	
August 27	August 31	Daily routine	5	
August 27	August 31	Increase step count avg +1000	5	
August 27	August 31	Take prescribed meds/week	5	
August 27	August 31	Obtain 150 min. ex/week	5	
August 27	August 31	Read novel for stress relief	25	
September 3	September 3	Daily routine	5	
September 3	September 4	Daily routine	5	
September 3	September 5	Daily routine	5	
September 3	September 6	Daily routine	5	
September 3	September 7	Daily routine	5	
September 3	September 7	Increase step count avg +1000	5	
September 3	September 7	Take prescribed meds/week	5	
September 3	September 7	Obtain 150 min. ex/week	5	
September 3	September 7	Read novel for stress relief	25	
September 10	September 10	Daily routine	5	
September 10	September 11	Daily routine	5	
September 10	September 12	Daily routine	5	
September 10	September 13	Daily routine	5	
September 10	September 14	Daily routine	5	
September 10	September 14	Increase step count avg +1000	5	
September 10	September 14	Take prescribed meds/week	5	
September 10	September 14	Obtain 150 min. ex/week	5	
September 10	September 14	Read novel for stress relief	25	
September 17	September 17	Daily routine	5	
September 17	September 18	Daily routine	5	
September 17	September 19	Daily routine	5	
September 17	September 20	Daily routine	5	
September 17	September 21	Daily routine	5	
September 17	September 21	Increase step count avg +1000	5	
September 17	September 21	Take prescribed meds/week	5	
September 17	September 21	Obtain 150 min. ex/week	5	
September 17	September 21	Read novel for stress relief	25	

## Fall 2018 Rewards Program

Week Of	Points
11/17	100
11/18	100
11/19	100
11/20	100
11/21	100
11/22	100
11/23	100
11/24	100
11/25	100
11/26	100
11/27	100
11/28	100
11/29	100
11/30	100
12/1	100
12/2	100
12/3	100
12/4	100
12/5	100
12/6	100
12/7	100
12/8	100
12/9	100
12/10	100
12/11	100
12/12	100
12/13	100
12/14	100
12/15	100
12/16	100
12/17	100
12/18	100
12/19	100
12/20	100
12/21	100
12/22	100
12/23	100
12/24	100
12/25	100
12/26	100
12/27	100
12/28	100
12/29	100
12/30	100
12/31	100

Name: _____	
Week Of _____	Points _____
9-2- <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> 11-5:5	28
9-9 <sup>Med 5+5 5+7</sup> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <sup>Med 5+5 5+7</sup> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del>	49
9-16 <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> 11+5+5	22
9-23 <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> +5	20
9-30 <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <sup>TH</sup> 5+	25
10-7 <sup>Med 5</sup> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> 5+5	75
10-14 <sup>Med 5</sup> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <sup>Book-Drat</sup> <del>TH</del> <sup>5+5</sup> <del>TH</del>	40
10-21 <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <sup>Med 5</sup> <del>TH</del> <sup>Food Pitchin</sup> <del>TH</del>	25
10-28 <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <sup>Med 5</sup> <del>TH</del> <sup>Lunch</sup> <del>TH</del>	25
11-4 <sup>Med 5</sup> <del>TH</del> <sup>Exercise</sup> <del>TH</del> <sup>25-Lunch</sup> <del>TH</del> <sup>Learn</sup> <del>TH</del>	40
11-11 <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> 5+5	25
11-18 <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> 5+5+5	30
11-25 <sup>5+5</sup> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> 1111	24
12-2 <sup>5+5</sup> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <sup>Novel</sup> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del> <del>TH</del>	45
Total Points: _____	Total _____

764 493 Points

**Earn 1 POINT for each**

- Participate in Center for Faith and Vocation guided meditation class
- ✓ Eat 5 servings of fruits/vegetables in one day
- ✓ Avoid all sugar-sweetened beverages for one day
- Participate in an HRC fitness class
- ✓ Pack a healthy lunch from home
- ✓ Park far away from work/store and walk
- ✓ Sleep 7 ½ hours or more in one night
- Use the restroom on different floor or building from your office
- ✓ Wear your seat belt whenever in the car or bike helmet when biking

**Earn 5 POINTS for each**

- ✓ Take prescribed medications for an entire week
- ✓ Contribute a healthy meal/snack for office pitch in
- ✓ Increase your weekly step count average by 1000 steps
- ✓ Obtain 150 minutes of exercise in one week

**Earn 25 POINTS for each**

- ✓ Attend a Healthy Horizons lunch and learn
- ✓ Read an entire novel for stress relief
- Register for Healthier BI Blog <http://blogs.bentley.edu/healthierbi/>

**Earn 50 POINTS for each**

- Complete annual wellness consult with Healthy Horizons

1. Complete annual physical with your Primary Care Provider -10-5-18  
PRIZES – please select your prize(s) of choice. Please select only one from each category  
HH Initial and Date: 1/1 2. 3-18

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
<input type="checkbox"/> Reusable Straws <input checked="" type="checkbox"/> <del>Fingerless Gloves</del> <input type="checkbox"/> Pill Dispenser <input type="checkbox"/> Reusable Gel Pack <input type="checkbox"/> Magnetic Clip <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> Water Bottle	<input type="checkbox"/> Lined Thermos <input type="checkbox"/> Zen Coloring Bk/Pencils <input type="checkbox"/> Travel Pillow <input type="checkbox"/> Portion Control Product <input checked="" type="checkbox"/> <del>Umbrella</del> <input type="checkbox"/> Walking/Running Light <input type="checkbox"/> Dri-Mesh Shirt - <i>Large</i>	<input type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Sweatshirt Blanket <input checked="" type="checkbox"/> <del>Hooded Rain Jacket</del> - <i>Large</i> <input type="checkbox"/> Fleece Jacket <input type="checkbox"/> Captain's Chair <input type="checkbox"/> Insulated Grocery Bag

NEWER ITEMS BOLDDED

Fill order





BUTLER UNIVERSITY | HEALTH AND WELLNESS CENTER

# Healthy Horizons

## Fall 2018 Rewards Program

Name	Points
Week Of	
October increase	5
step count	
every week I take 1000 steps	45
take meds daily →	75 (15 weeks)
wellness consult	50
had a physical	50
Read David Sedars novel	25
overall happy level	20
wear seat belt regularly	40
step - working as a goal	20
Yoga 3 x 15 mins	50
Total Points:	350+

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HH Initial and Date: 12/14/18

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
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located in: PHSB Suite 110



# Healthy Horizons

## Fall 2018 Rewards Program

Name:	Points
Week Of	
8/26	7, 7, 7, 5, 5, 5, 50 <del>50</del> <sup>129</sup>
9/3	5, 5, 5, 7, 5 <sup>(17)</sup>
9/10	5, 5, 5, 5, 5 <sup>(20)</sup>
9/17	5, 5, 5, 5, 5, 5 <sup>(30)</sup>
9/24	5, 5, 1, 1, 5, 5 <sup>(23)</sup>
10/1	5, 5, 2, 5, 5, 5 <sup>(27)</sup>
10/8	5, 5, 5 <sup>(15)</sup>
10/15	5, 5, 5, 5, 1, 1 <sup>(22)</sup>
10/22	5, 5, 5, 5, 4, 5 <sup>(34)</sup>
11/5	5, 5 <sup>(10)</sup>
11/12	5, 5, 5, 5 <sup>(20)</sup>
11/19	2, 1, 5 <sup>(8)</sup>
12/3	5, 5, 2, 5, 5 <sup>(20)</sup>
Total Points:	386

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- Take prescribed medications for an entire week
- Contribute a healthy meal/snack for office pitch in
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- Obtain 150 minutes of exercise in one week

### Earn 25 POINTS for each

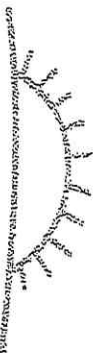
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- Complete annual wellness consult with Healthy Horizons
- Complete annual physical with your Primary Care Provider

PRIZES – please select your prize(s) of choice. Please select only one from each category  
 HH Initial and Date: 2018-12-14-18

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
<input type="checkbox"/> Reusable Straws <input type="checkbox"/> Fingerless Gloves <input checked="" type="checkbox"/> Pill Dispenser <input type="checkbox"/> Reusable Gel Pack <input type="checkbox"/> Magnetic Clip <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> Water Bottle	<input type="checkbox"/> Lined Thermos <input type="checkbox"/> Zen Coloring Bk/Pencils <input type="checkbox"/> Travel Pillow <input type="checkbox"/> Portion Control Product <input type="checkbox"/> Umbrella <input type="checkbox"/> Walking/Running Light <input checked="" type="checkbox"/> Di-Mesh Shirt <b>NEWER ITEMS BOLDPED</b>	<input type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Sweatshirt Blanket <input type="checkbox"/> Hooded Rain Jacket <input checked="" type="checkbox"/> Fleece Jacket <input type="checkbox"/> Captain's Chair <input type="checkbox"/> Insulated Grocery Bag



BUTLER UNIVERSITY | HEALTH AND WELLNESS CENTER

# Healthy Horizons

## Fall 2018 Rewards Program

Name	
Week Of	Sept 4 - Nov. 29
Healthy Meal	12
Fitness class	Sept 4 - 15 pts
Healthy drink	8 pt.
Sleep well	10
Seat belt	10
Meds	50
150 exercise	20
HH Lunch again	50
3 novels	75
Annual Consult	50
Annual physical	50
Dec 17-18	
Park far from store	8
No sweet beverages	10
Total Points:	368 pt.

Keep track of points and earn rewards! Healthy Horizons is for all Butler University employees. You may start accumulating points Aug 22, 2018. Cards are due back to Healthy Horizons by Friday, December 14<sup>th</sup> at 3:30 pm. Participants will receive one prize from highest level earned and from each lesser category. All platinum winners will be entered in the grand prize drawing for a Fitbit!

### Earn 1 POINT for each

- Participate in Center for Faith and Vocation guided meditation class
- Eat 5 servings of fruits/vegetables in one day
- Avoid all sugar-sweetened beverages for one day
- Participate in an HRC fitness class
- Pack a healthy lunch from home
- Park far away from work/store and walk
- Sleep 7 1/2 hours or more in one night
- Use the restroom on different floor or building from your office
- Wear your seat belt whenever in the car or bike helmet when biking

### Earn 5 POINTS for each

- Take prescribed medications for an entire week
- Contribute a healthy meal/snack for office pitch in
- Increase your weekly step count average by 1000 steps
- Obtain 150 minutes of exercise in one week

### Earn 25 POINTS for each

- Attend a Healthy Horizons lunch and learn
- Read an entire novel for stress relief
- Register for Healthier BU Blog <http://blogs.butler.edu/healthyhorizons/>

### Earn 50 POINTS for each

- Complete annual wellness consult with Healthy Horizons
- Complete annual physical with your Primary Care Provider

PRIZES – please select your prize(s) of choice. Please select only one from each category  
HH Initial and Date: 09-11-24-18

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
<input type="checkbox"/> Reusable Straws <input checked="" type="checkbox"/> Fingerless Gloves <input type="checkbox"/> Pill Dispenser <input type="checkbox"/> Reusable Gel Pack <input type="checkbox"/> Magnetic Clip <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> Water Bottle	<input type="checkbox"/> Lined Thermos <input type="checkbox"/> Zen Coloring Bk/Pencils <input type="checkbox"/> Travel Pillow <input type="checkbox"/> Portion Control Product <input type="checkbox"/> Umbrella <input checked="" type="checkbox"/> Walking/Running Light <input type="checkbox"/> Dr-Mesh Shift	<input type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Sweatshirt Blanket <input checked="" type="checkbox"/> Hooded Rain Jacket <input type="checkbox"/> Fleece Jacket <input type="checkbox"/> Captain's Chair <input type="checkbox"/> Insulated Grocery Bag