



Spring 2019

## Rewards Program

<b>Name:</b>	
<b>Week Of</b>	<b>Points</b>
<b>Total Points:</b>	

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

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:

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"/> 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"/> Umbrella <input type="checkbox"/> Dri-Mesh Shirt	<input type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Sweatshirt Blanket <input type="checkbox"/> Fleece Jacket <input type="checkbox"/> Captain's Chair  <input type="checkbox"/> Insulated Grocery Bag

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