

HealthTrails™



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

LivingWell make it
a priority
THE UNIVERSITY of TEXAS SYSTEM

