Getting Started Guide

Welcome to the Fifth Annual Kick Axe Wellness Challenge. This five week Challenge (February 4 – March 10) is focused on SFA’s Seven Dimensions of Wellness to promote a healthier life. Teams of four will compete in a little friendly competition and earn points by completing weekly tasks.

How to Register
Teams of four can consist of any faculty, staff, and students. Each team must have a team captain whose responsibility is to encourage fellow members to submit their weekly scorecards and who will serve as the point of contact during the Challenge. Registration opens January 14th and runs through February 1st. Sign up using the Registration Form.

Keeping Score with Scorecards
Score keeping begins February 4 until the challenge ends on March 10. Scorecards will be emailed to the team captain by the Challenge Coordinator. Each team captain is responsible to disseminate the scorecard to their team members. Each team member is responsible for completing and submitting their weekly scorecard to their team captain. Team captains are responsible for submitting the team summary scorecard by noon (12:00 p.m.) every Wednesday to the Challenge Coordinator. Scorecards submitted on time with full team’s scores will earn an extra 20 points; five points per team member.

Scorecard Due Dates:

<table>
<thead>
<tr>
<th>Week 1: February 4 – 10</th>
<th>Due February 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2: February 11 – 17</td>
<td>Due February 20</td>
</tr>
<tr>
<td>Week 3: February 18 – 24</td>
<td>Due February 27</td>
</tr>
<tr>
<td>Week 4: February 25 – March 3</td>
<td>Due March 6</td>
</tr>
<tr>
<td>Week 5: March 4 – 10</td>
<td>Due March 13</td>
</tr>
</tbody>
</table>

Calendar of Activities and Events
In addition to the daily tasks that participants can complete to earn points each week, additional points can be earned by attending or completing special activities. Refer to the Calendar of Activities and Events for a full list of approved activities and their descriptions. Each participant can only earn a 15 point maximum under this category. Participants must attend at least half of each athletic event or artistic performance for points to be earned.
Weekly Prizes
After each week, the team who earned the greatest number of points for that week will win a prize for their hard work. So if your team didn’t have a great week, don’t worry, you can still win the following week. Weekly winning teams will be announced on the Employee Wellness website and through email.

Grand Prizes
Grand prizes will be awarded to the top three teams with the greatest cumulative score. In addition, every participant who completes the five week Challenge will earn a prize. *All five week score’s must have been submitted to earn a prize.

Wrap Up Party
To celebrate the success of Challenge participants and to announce the winning teams, a Wrap Up Party will be held Thursday, March 14th. Time and location TBD. Challenge prizes will be distributed during Wrap Up.

The Seven Dimensions of Wellness
- Intellectual: Developing and using one’s ability to think and reason.
- Career / Financial: Engaging in meaningful work and responsible monetary practices.
- Spiritual: Exploring value and meaning in one’s life.
- Emotional: Awareness, acceptance and a healthy expression of one’s feelings.
- Physical: Taking care of one’s body.
- Socio-Cultural: Effectively relating to others, your community and your world.
- Environmental: Caring for the Earth and one’s surroundings.

Challenge Coordinator
Jessica Waguespack
Employee Wellness Assistant Director
waguespaja@sfasu.edu
468.6056 (office)