

Fight On! Football Wellness Challenge

Trojans Tackle Wellness | Sept. 19 – Oct. 28



Physical Activity	Nutrition	Mental Health	Social Connection	Sustainability	Safety	Financial Wellness
Stretch, stand, or walk during a meeting, if you are able <input type="checkbox"/>	Stick to only non-processed foods for a day <input type="checkbox"/>	Maintain a consistent morning or bedtime schedule for a week <input type="checkbox"/>	Meet someone from a USC school or business unit other than your own <input type="checkbox"/>	Make plans to carpool to an event <input type="checkbox"/>	Learn about the emergency protocols of your school or business unit <input type="checkbox"/>	Schedule due dates for upcoming bills in your calendar <input type="checkbox"/>
Park farther away from your destination to get in more activity <input type="checkbox"/>	Eat “low-sodium” or “low-sugar” versions of your favorite foods <input type="checkbox"/>	Write down an intention for the week and place it at your desk <input type="checkbox"/>	Send a thank you note to a colleague <input type="checkbox"/>	Drink from a reusable water bottle <input type="checkbox"/>	Download the LiveSafe Mobile Safety App <input type="checkbox"/>	Schedule a free consultation with a USC retirement investment provider <input type="checkbox"/>
Take the stairs instead of the elevator or do upper body movement for 15 minutes <input type="checkbox"/>	Find and prepare a new, healthy recipe <input type="checkbox"/>	Spend time engaging in or trying out a new hobby <input type="checkbox"/>	Have a water cooler conversation – in person or virtual <input type="checkbox"/>	Utilize natural sunlight if you work inside, before turning on the lights <input type="checkbox"/>	Add the Department of Public Safety number (213-740-6000) to your phone <input type="checkbox"/>	Unsubscribe to monthly subscriptions that you no longer need <input type="checkbox"/>
Set a fitness goal and stick to it for a week <input type="checkbox"/>	Drink only water as your beverage of choice for the day <input type="checkbox"/>	Journal your thoughts from the day before bedtime <input type="checkbox"/>	Practice active listening in your meetings <input type="checkbox"/>	Try growing your own produce or plants <input type="checkbox"/>	Keep your valuables out of sight <input type="checkbox"/>	Track your spending for a week and find one way to lower costs <input type="checkbox"/>
Do stretches every 15 minutes while you watch TV <input type="checkbox"/>	“Eat the rainbow” with a colorful mix of fruits and vegetables <input type="checkbox"/>	Try a stress-relief activity like breathing, meditation, or talk therapy <input type="checkbox"/>	Ask for constructive feedback on your work <input type="checkbox"/>	Only wash loads of laundry when they are full <input type="checkbox"/>	Be present to your surroundings by staying off devices while moving around campus <input type="checkbox"/>	Create a budgeting spreadsheet <input type="checkbox"/>