

# Fight On! Football Wellness Challenge

*Trojans Tackle Wellness* | Sept. 19 – Oct. 28

## RULES

**STEP 1** Complete as many health and wellness activities on your game card as you can.

**STEP 2** On your game card, check off the boxes for each activity completed.  
You can do them in any order and at any time during the challenge.

**STEP 3** Email your game card and photos\* (optional) to [Suzzane Huynh](mailto:Suzzane.Huynh) by 5 p.m. on Oct. 28.

### How to win prizes

Score touchdowns and field goals to earn raffle entries to be entered for raffle prizes. The more entries you earn, the greater your chances of winning a prize!

- Score a touchdown by completing any seven health and wellness activities (this does not have to be in a straight row). For every set of seven activities completed, you will earn seven points towards a raffle entry (maximum 35 points).
- Score an optional field goal by submitting a photo\* of you completing different activities on the game card to earn three points. You can submit as many photos as you like.

*Good luck and Fight On, Trojans!*

If you have questions,  
please email [Julie Chobdee](mailto:Julie.Chobdee)

USC WorkWell Center

PHOTO/JOHN MCGILLEN/USC ATHLETICS

\*By sending your photos, you confirm that we can use them in the Employee Gateway website, Gateway Connect newsletter, Fight On! Football Wellness Challenge Program Summary (for internal use), and/or future materials and communications from the USC WorkWell Center.

