



FALL MOVEMENT CHALLENGE

Move your way. Thrive together.
8-Weeks of Movement

Instructions: Enter '1' for each day you complete 15+ minutes of intentional movement. Max 5 points per week. (Except BONUSSES)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Week 1 (Oct 5-9)						
Week 2 (Oct 12-16)						
Week 3 (Oct 19-23)						
Attended the Lunch & Move workshop (Oct 20)						BONUS
Week 4 (Oct 26-30)						
Week 5 (Nov 2-6)						
Week 6 (Nov 9-13)						
Week 7 (Nov 16-20)						
Attended Employee Night at the UFV Cascades Volleyball game (Nov 19)						BONUS
Week 8 (Nov 23-27)						
Grand Total Points						

Milestone Tiers: 15+ Pts = Bronze | 25+ Pts = Silver | 35+ Pts = Gold

The Goal: Just 15 Minutes a Day

The rule is simple: **Log 1 point for any day you complete 15 minutes of intentional movement.**

How you move is entirely up to you! You can:

Take a quick 15-minute walk around the campus at lunch.

Do quick stretch and standing during meeting online meeting.

Park a little further away or use a walking meeting to get your minutes in.

Simple Milestones & Exciting Prizes

Check off your boxes Monday through Friday to earn up to 5 points a week (additional 2 bonus entries are available). As your points add up over the next two months, you will automatically unlock raffle entries for great prizes:

Bronze Level (15+ Points): Entered to win Cascade Cash and Strive to Thrive swag.

Silver Level (25+ Points): Entered to win \$25 campus bookstore gift cards.

Gold Level (350+ Points): Entered to win the Grand Prize, including an annual campus Rec Center membership!

How to Participate

Open the attached simple tracking sheet (or print it out for your desk).

Check a box each day you get your 15 minutes of movement in.

The challenge kicks off October 5 and runs until November 27!

How to win!

Submit your tracking sheet by December 4, 2026 to: health.disability.wellness@ufv.ca

Let's focus on small, sustainable habits that keep us feeling good.