

UM Law School Wellness Challenge

Points System Explanation Sheet

On August 31st, 2020, the Fall Semester Wellness Challenge will begin! To receive the Point System Spreadsheet, email Dean Brittany Barbee at bebarbee@olemiss.edu or Gigi Jackson at gjackso1@olemiss.edu.

The Point System Spreadsheet is designed to assist you in keeping up with your daily wellness activities. You have the option of gaining several points each day by maintaining a healthy lifestyle. You only get points for activities you complete each day.

Here is how the point system works:

Wellness Activity	Criteria	Points Available	Points Earned
Take daily vitamin	We all could use a boost in one nutrient or more. Choose a multivitamin to meet your daily recommended dietary needs, even if it is just a GUMMY vitamin!	10	
Make a new friend (Say Hello)	Talking to strangers is like any other skill: the more you do it, the better you get at it. Brighten someone's day by taking the initiative.	5	
15 mins outdoors (not exercising)	Sometimes you just need a little fresh air and Vitamin D. Get out of the stuffiness of being indoors.	10	
7 hours or more of sleep	Maintaining a regular sleeping pattern is a MAJOR wellness act. Be sure to get your rest.	10	
Get involved	There is always some event happening on campus, via zoom or in general. Step outside of the law school comfort zone and explore other opportunities to get involved.	20	
Check-in on a friend	It is important to be connected with others, both for yourself and for your community.	10	
Schedule a Counseling Session	Talking to a professional is incredibly helpful in managing the daily stress life presents. Email our in-house counselor Lavina Ho at lho@olemiss.edu to make an appointment.	25	
Volunteering	There are plenty of opportunities to provide assistance to others. This is a way to make a difference in your community and to build good habits in public service.	30	
Drink (3) glasses of water per day	Drinking water carries many benefits physically and mentally. Be sure to get your H ₂ O!	10	

Eat 2 fruits, 2 veggies per day	A better food intake will contribute to your health and help you achieve your fitness goals.	10
Working Out: .5 hours, 1 hour, 1.5 hours, 2+ hours	Take the time to do some physical activity throughout the week. Your body, mind, and spirit will thank you. This can include running, walking, aerobics, swimming, yoga, pilates, fitness classes, or lifting weights. (If you are unsure of whether it counts, email Gigi at gjacks01@olemiss.edu .) It's 1 point per minute that you are actually working out with a maximum of 120 points per workout.	<u>Hrs Pts</u> .5= 30 1 = 60 1.5= 90 2+ = 120
Annual Flu Shot	Get a flu shot to stay well and help curb the spread of the virus.	20
Vision Exam	Complete a regular eye exam (eye exams are recommended every 2 years).	20
Annual Physical Exam	Complete one annual routine physical exam with a licensed physician.	50
Dental Exam/Cleaning	Complete a dental visit (cleanings are recommended twice a year).	20/ea.
Miscellaneous	Throughout the semester, you can get points by attending special programming and events designed with your health in mind. Be on the lookout for programming from our counselor Lavina Ho and from our financial literacy company AccessLex .	Varies

*Remember, *you* have to enter your activities into the points system *daily* to accurately compete the challenge.

The spreadsheet will calculate your daily total points and ultimately calculate your Grand Total points at the end of the semester.