



## MPS Winter Wellness Scavenger Hunt

- Solve the winter wellness medal hunt!
  - Solved on day 1 – 150 points
  - Solved on day 2 – 125 points
  - Solved on day 3 – 100 points
  - Solved on day 4 – 75 points
  - Solved on day 5 – 50 points
- Host a “be well” moment with colleagues (20 points)
- Wear Tall Socks on Tuesday (20 points)
- Walk to work or walk outside at work (20 points)
- Eat a school lunch (20 points)
- Build a snowman (20 points)
- Do winter your way – Freestyle! (20 points)
- Shovel a neighbor’s sidewalk (20 points)

**Total Points** = [Click here to enter text.](#)

\*Activities must be verified by photo submission using #MPSWinterwellness on facebook or twitter or by e-mail to [wellness@mpls.k12.mn.us](mailto:wellness@mpls.k12.mn.us).

E-mail or fax your completed scavenger hunt to [wellness@mpls.k12.mn.us](mailto:wellness@mpls.k12.mn.us) or 612-668-0510