

# 2011-2012 SAF Contingency Application

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On behalf of Health Educators Reaching Out

## 2011-2012 SAF Contingency Application

### Program/Service Title

Wellness Challenge (30 Days in 30 Ways)

### Campus Department

Student Life

### Contact Person

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## Executive Summary of Your Proposal

*Please provide a concise overview of the program, activity, or service for which you seek funding.*

30 Days in 30 Ways is going to be a campus wide motivational program to outreach and provide students and staff the opportunity to go head to head in teams, competing to better their health. Activities within the program will include keeping track and taking tips/advice on day by day changes one can incorporate into their lifestyle to improve wellness, while cooperating with others in a team-like manner with point systems. Everyone who signs up to participate will be given a water bottle as a symbol of participation, as well as be invited to attend workshops and an end of the challenge reward dinner with speakers/fun activities to recap the last months success with.

To summarize we are asking for:

Water bottles (awards) to encourage student participation

Celebratory dinner for the end of the challenge recap and awards

A motivational speaker and a couple workshops to keep students motivated to continue challenging themselves during and after the competition is over

## Need for this Program/Service

*In 150 words or less, please describe the need for this program or service. Please include any data that might support your proposal (e.g., the number of students who have participated in your service or program in the past). If your program is currently*

*funded by SAF, please indicate how you have used the money to help your organization meet its goal(s).*

The National College Health Assessment done with 139 institutions and over 95,000 students, found that stress, difficulty sleeping, and a lack of proper nutrition were issues that a majority faced. Using this study, we find that a program like 30 Days in 30 Ways will be very beneficial in trying to give students resources and the motivation to improve their health and wellness while making it fun. It will provide students with a way to track their progress while receiving tips/advice on day by day changes one can incorporate into their lifestyle to improve wellness. By incorporating a team aspect into the program, we hope to encourage students to work together and establish a support system throughout the month long challenge.

## How do you plan to assess the program or service?

*How do you plan to track the effects of this program or service?*

*For example, how would track how the event/program/service went? How would you track how successful it was and what you could change in the future?*

To track the effects of the program, students will be split up into teams that they can recruit other friends and peers into, which will be assigned team captains. The team captains will be in charge of tracking points added up by students individually on Excel sheets available for them on Husky Sync and throughout the course of the 30 days, progress will be visible through the total points acquired. The success of teams will be tracked by total points, while individuals will see their success through changes they feel (through self-reflection surveys at the end), as well as change in points they gain over time. Our learning objectives for the program are to promote health and wellness through tips, workshops and a reward system for behavior, encourage students to work as teams and gain a support system, and introduce students to campus and community resources and activities. We will survey the students at the end of the program to measure the success of the program on their lives and how to improve if for possible future wellness challenges.

**Estimate number of students that will benefit from your proposed program/service**

*In 150 words or less, estimate how many currently enrolled students will likely benefit from your proposed service or program. Please estimate the number of other individuals (and indicate their affiliation) that might benefit from this service or program. Finally, please indicate other sources of financial support.*

The number of students that will benefit from this program will range accordingly to the recruitments made by individuals for their teams. However for this first year, we will try to keep it to 100 people with the hopes that the program continues in the future years. We also hope that students will take what they have learned and teach others. Student participants will benefit from the tips, motivation, and the improvements this challenge could bring the students.

**Benefits to Participants**

*In 150 words or less, please describe the benefits that participants are likely to gain by attending or participating in this program or service.*

The participants of this program will be provided with motivation, positive communication, opportunities for learning and increasing their understanding on how to maintain long-term wellness, as well as a point tracking system to use and organize their progress with. Water bottles (awards) provided are important for staying environmentally friendly and drinking water, while the dinner with speaker will be perfect for further showing participants how to reflect and move from completing the program to sticking to the increased wellness lifestyle post-challenge. We also want to encourage students to reward themselves for completing the challenge and working hard because rewarding oneself is shown to prolong success.

**Additional Information**

*Please include any other information you feel is relevant to your request. (There is no character limit on this field.)*

**Salary/Wages****Benefits**

*Benefits paid to regular employees working at least .50 FTE should be calculated at 33.4% of earnings. Benefits paid to hourly employees should be calculated at 14.9% of earnings.*

**Honoraria****Facilities Rentals/Set-Ups**

*If you require facilities rentals/set-ups, please indicate it here.*

Set up in North Creek Center for the dinner = \$300

**Telecommunications**

*Telephone equipment should be estimated at \$35 per handset, per month (this includes only one extension).*

**Security****Printing & Photocopying****Transportation****Meals and Lodging for Travel****Office Supplies****Food/Refreshments**

30 Days, 30 Ways Wellness Challenge dinner  
Qdoba catering (~100 people) = \$850

**Equipment Rentals/Purchase****Other**

*Please include any other expenses that don't fall under any of the above categories.*

Speaker at the celebration and awards dinner, and special motivational speakers and a couple workshops throughout the month = \$3000

Water bottles (awards) for students with sign-up (quantity: 100) = \$150

**Total Amount Requested**

\$4,300