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# MARCH MADNESS CHALLENGE



## INSTRUCTIONS:

Fill in your bracket by March 18. After each round, check to see if your selected teams in each division have advanced. If your team does not advance, look at your teams seed number and complete the corresponding wellness activity.

## EXAMPLE:

On March 22, #5 seeded Wisconsin plays #12 seeded Oregon.

If you selected Wisconsin to win, but Oregon claims the victory, then you complete activity #5 on the March Madness Activities (write down three things for which you are grateful).

If you didn't select any winning teams for that round, you would have a list of eight healthy habits to choose from.

Continue using the March Madness Wellness Activities as the rounds move on toward the championship game.

MORE INFORMATION AT [GATORCARE.ORG/MM](http://GATORCARE.ORG/MM)

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