

GatorCare

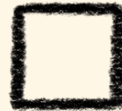
SUMMER BUCKET LIST



What do you want to do this summer? Get excited to complete your summer wellness bucket list. Check off the programs below by clicking the words and adding your own wellness goals!



COMPLETE AN OUTDOOR
ACTIVITY WITH FAMILY
OR FRIENDS



Visit a park!



Register for the
Come Together Text
Program

REGISTER BY:
JUNE 28TH



SUBMIT A CULTURAL
CUISINE RECIPE

JULY 1 - AUGUST 4



meditate!!!



Read a Food for
Thought blog



Register for
Eating Well In The Workplace

JULY 10 - AUG 7



participate in a digital detox
SCREEN-FREE DAY!



JOIN THE AROUND THE
MEDITERRANEAN
WALKING CHALLENGE

JULY 1 - 30



Take part in the
Treasure Trek Walking
Challenge

AUGUST 1-31



PARTICIPATE IN
PLANK + DRANK

AUG 5 - SEPT 1



Submit completed bucket list to
GatorCareWellness@shands.ufl.edu by September 22
to be entered in a raffle for a \$25 Amazon e-gift card

