



@MTU_CYA



CAPTURE YOUR ADVENTURE



JOIN US IN THE 3RD ANNUAL

Capture Your Adventure

MAY 1ST - AUGUST 31ST, 2023



**EACH MONTH IS FOCUSED ON
A DIFFERENT ASPECT OF THE
BE WELL INITIATIVE!**

**SEND IN PICTURES AS YOU CHECK OFF
ACTIVITIES AND BE ENTERED FOR PRIZES!**



@MTU_WELLBEING



MICHIGAN TECH WELL-BEING



WELLNESS@MTU.EDU

Rules

Welcome to the 3rd annual Capture Your Adventure! This year we will be changing things up a bit and focusing on our Be Well Initiative. Each month will be focused on a different Be Well theme.

Within each theme, there are multiple options to choose from.

Participants can submit up to four pictures a month showing themselves completing an activity. When submitting pictures, please refer to the FAQs on the following page for any questions related to submission criteria.

At the end of each month, there will be a drawing for a prize. The winner will be contacted via direct message and/or student email to find the best way to get said prize to them. Points will also be cumulative. All pictures submitted (within the rule of up to four entries per month) will be cumulatively added to the final grand prize drawing at the end of the competition.

To stay up to date with monthly themes, prize drawings, reminders, and any other information follow our Instagram (@mtu_cya) or Facebook (Capture Your Adventure). **BONUS:** If you follow both the Capture Your Adventure account (Instagram: @mtu_cya/Facebook: Capture Your Adventure) and our main page (Instagram: @mtu_wellbeing/Facebook: Michigan Tech Well-Being) on either Facebook or Instagram, you get two extra points.

FAQ's

- **How do I participate?**

Follow (Instagram: @mtu_cya/Facebook: Capture Your Adventure) and visit our adventure e-book to learn more about the challenge's rules! You can follow along in this guidebook throughout the whole challenge. The best part? It fits into your pocket.

- **How often should I submit photos?**

Please only post once a week for CYA. You are allowed to post up to four posts per month, which means you can post once per week at most!

- **Do I have to be a Michigan Tech student to participate?**

Yes, you do need to be an active student to participate. However, if you are graduating this spring semester of '23, you can still participate.

- **What is the deadline for a weekly photo submission?**

Posts are due at the end of each week on Saturday by 11:59 pm. You are allowed to post up to four posts per month, which means you can post once per week at most!

- **Do I have to post formally on Instagram or Facebook? Or can I post on my story?**

You can post pictures on your story, or you can formally post them and tag us in the caption. If you post on your story please use the CYA hashtag #captureyouradventuremtu so that we count your submission!

- **What if my account is private?**

Please DM us your picture submissions. You can submit your photos directly to us using the direct messaging capabilities available on both Facebook and Instagram. Let us know what you are submitting pictures for and which challenges you completed.

FAQ's

- **If I win, how do I get my prize?**

Winners will be announced on our Instagram and Facebook stories. We will be sure to tag you if you win, and we will also reach out to you directly so that you can make a plan to receive your prize from us.

- **How many prizes are there? When will the announcements be made for winners?**

There will be five total prizes. A smaller prize will be awarded at the end of each month, and then a grand prize at the very end of the contest. More information about prizes can be found on the following page.

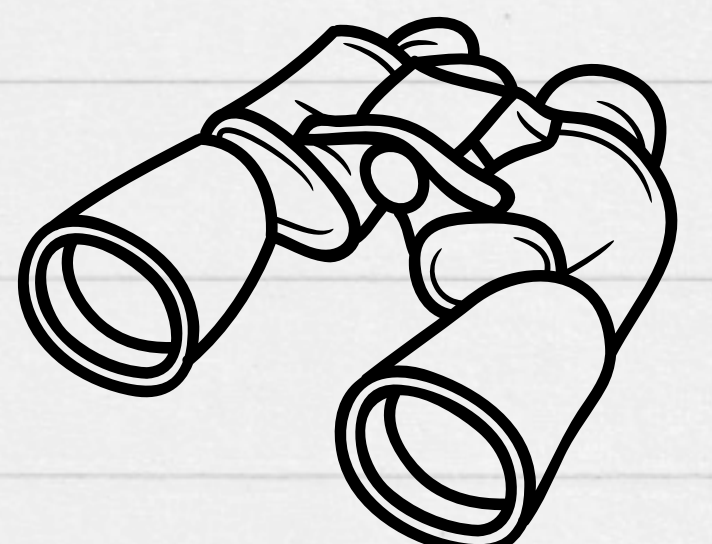
- **How are the monthly themes chosen?**

The monthly themes of Play Well, Live Well, Connect Well, and Recharge Well directly correlate with the Be Well initiative and its goals. Visit our Be Well [webpage](#) to learn more about how our Center supports the overall well-being of MTU students!

Prizes

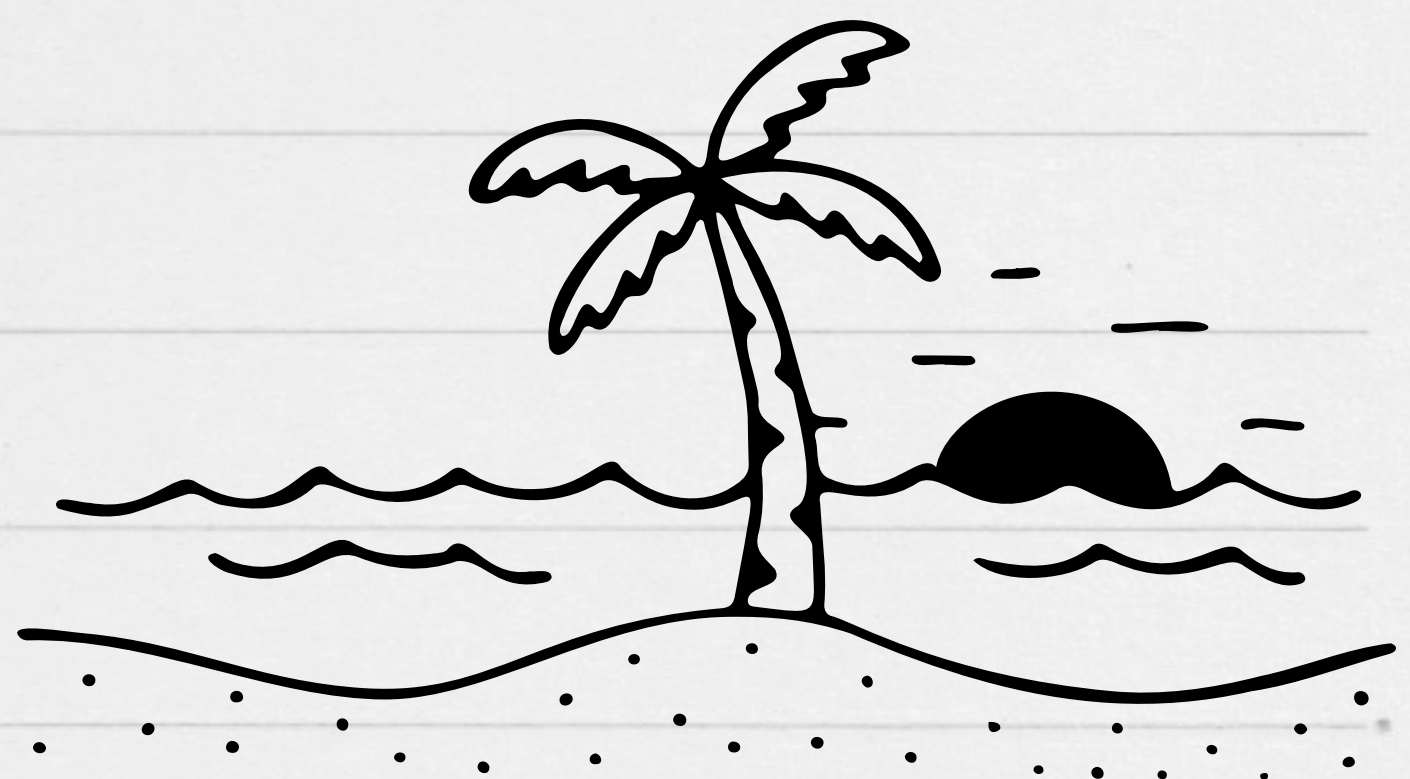
Prizes will be awarded at the end of each month and then at the end of the contest.

Points will not roll over each month. However, they will be cumulative at the end of the contest. So if you have earned all 18 total points, your name will be entered into the final prize drawing 18 times.



Connect Well

- ☐ RECONNECT WITH AN OLD FRIEND
- ☐ FIND SOMEONE TO GO TO THE BEACH WITH
- ☐ GO ON AN ADVENTURE WITH YOUR FRIENDS
- ☐ MAKE S'MORES WITH SOMEONE
- ☐ HAMMOCK TOGETHER WITH YOUR FRIENDS
- ☐ GO STARGAZING
- ☐ FIND A LOCAL MUSIC SCENE NEAR YOU
- ☐ MAKE HOMEMADE PIZZA WITH YOUR FRIENDS
- ☐ PLAN A STAYCATION WITH SOMEONE
- ☐ ATTEND A POOL PARTY
- ☐ MAKE SOMEONE SMILE
- ☐ DO A RANDOM ACT OF KINDNESS
- ☐ GO TO YOUR LOCAL FAIR
- ☐ HOST A POTLUCK DINNER PARTY
- ☐ GO TO A FIREWORKS SHOW
- ☐ HAVE A BOARD GAME NIGHT WITH FRIENDS
- ☐ HAVE A MOVIE NIGHT WITH YOUR SIBLINGS
- ☐ GO TO A TRIVIA NIGHT
- ☐ MAKE A COLLABORATIVE PLAYLIST WITH SOMEONE
- ☐ TRY SOMETHING NEW (EX. PILATES CLASS OR A MAGIC TOURNAMENT)



Play Well

- ☐ TRY ROCK CLIMBING AT THE SDC
- ☐ GO SWIMMING IN ONE OF THE GREAT LAKES
- ☐ GO MOUNTAIN BIKING
- ☐ EXPLORE A NEW HIKING TRAIL IN YOUR AREA
- ☐ FIND A WATERFALL
- ☐ TRY A NEW WATER SPORT
- ☐ GO ROCK HUNTING (AT NIGHT) FOR SODALITES
- ☐ GO ROCK HUNTING (DURING THE DAY) FOR AGATES
- ☐ GO KAYAKING OR CANOEING
- ☐ BE A LOCAL TOURIST FOR THE AFTERNOON
- ☐ ATTEND A FUN FESTIVAL (EX. STRAWBERRY FEST IN CHASSELL, MI)
- ☐ GO BIRD WATCHING
- ☐ GO TO A NATIONAL OR STATE PARK
- ☐ GO TO A TRIVIA NIGHT
- ☐ TRY KARAOKE
- ☐ HOST A GAME NIGHT
- ☐ HIKE UP MONT RIPLEY
- ☐ GO SEE LIVE MUSIC
- ☐ DO A U.P. MINE TOUR
- ☐ EXPLORE THE COPPER HARBOR TRAILS



Recharge Well

- ☐ MAKE A SUMMER READING LIST
- ☐ SLEEP IN PAST 8AM
- ☐ FIND A NEW FAVORITE SPOT TO RELAX
- ☐ HAVE A BONFIRE
- ☐ MAKE A NEW SUMMER PLAYLIST
- ☐ MAKE YOUR OWN BATH BOMB OR HAND SCRUB
- ☐ LISTEN TO A PODCAST RELATED TO A HOBBY/INTEREST
- ☐ TRY A NEW HOBBY
- ☐ TRY JOURNALING
- ☐ MAKE A COLLAGE OF PICTURES FOR YOUR DORM ROOM
- ☐ HAVE AN AT-HOME SPA NIGHT
- ☐ TRY PRESSING SOME FLOWERS
- ☐ WORK ON A SCRAPBOOK
- ☐ TRY A NEW RECIPE
- ☐ WORK ON IMPROVING YOUR SLEEP HYGIENE
- ☐ GET YOURSELF A CUTE SNACK - JUST BECAUSE!
- ☐ HAVE A SLOW MORNING WITH YOUR FAVORITE BREAKFAST
- ☐ TRY GETTING UP EARLY AND DOING A MORNING WORKOUT
- ☐ PRACTICE STRETCHING AFTER A LONG DAY
- ☐ TRY A NEW WORKOUT



Live Well

- ☐ GO TO THE FARMER'S MARKET
- ☐ MAKE A WORKOUT SCHEDULE
- ☐ WALK 10,000 STEPS IN A DAY
- ☐ TRY LEARNING A NEW LANGUAGE
- ☐ APPLY FOR INTERNSHIPS OR CO-OPS
- ☐ EAT A FULL SERVING OF FRUIT OR VEGGIES FOR A WEEK STRAIGHT
- ☐ TRY A NEW WORKOUT ROUTINE
- ☐ TRY THRIFT SHOPPING FOR YOUR ROOM IN THE FALL
- ☐ TRY REDUCING YOUR CARBON FOOTPRINT OVER THE SUMMER
- ☐ GO BERRY PICKING
- ☐ VOLUNTEER IN YOUR LOCAL COMMUNITY
- ☐ UPDATE YOUR HANDSHAKE ACCOUNT SO EMPLOYERS CAN SEE YOUR LATEST ACCOMPLISHMENTS
- ☐ TRY MAKING A MOCKTAIL RECIPE YOU FIND ONLINE
- ☐ SHOW US YOUR FAVORITE SUMMER HAT
- ☐ TRY GROWING YOUR OWN FRUITS OR VEGGIES
- ☐ STRETCH IN THE MORNING
- ☐ LEARN ABOUT THE HISTORY OF THE KEWEENAW
- ☐ TAKE A PICTURE AT THE TOP OF BROCKWAY MOUNTAIN
- ☐ CLEAN UP TRASH AT YOUR FAVORITE SUMMER SPOT
- ☐ SPEND A DAY ON THE WATER (STAY PROTECTED/HYDRATED)

