



SPECIAL ACTIVITIES

- Please see the list of special activities below. Please provide documentation for participation in any of the below activities. See the following page for activity descriptions. Submit your activity completion through your activity tracker on PreventionCloud. See page 10 for submission instructions.

Special Activities
Gym Attendance
Charity Run/Walk
Create a Vision Board
Volunteer
Create A Monthly Budget
Get a Massage
Attend a Campfire
Watch a Documentary
Watch or Listen to a Comedy Special
Try a New Physical Activity or Sport
Complete a Puzzle
Adopt a Houseplant
Plant a Garden or Flowers
Continuing Education
Read a Book



EXAMPLES AND DESCRIPTIONS OF THE SPECIAL ACTIVITIES

Note: these are just some examples of what would qualify for each Special Activity, not a limitation.

- **Continuing Education** – Completed college course, CPR certification, or professional certification.
- **Volunteer** – At any organization of your choice for a minimum of 1 hour.
- **Create a Monthly Budget** - To manage your monthly expenses, prepare for life's unpredictable events, and be able to afford big-ticket items without going into debt.
- **Get a Massage** – Reduce stress, pain and muscle tension while getting a little me time.
- **Create a Vision Board** – Design a visual reminder of your dreams and goals, big or small, short or long term.
- **Attend a Burn or Campfire** – This is a great way to unwind, relax and bond with friends and family while absorbing the light and warmth from the fire.
- **Charity Run or Walk** – Do something for others and for your physical self. This can be for any charity: breast cancer, break free, etc.
- **Read a Book** – Boost your brain power! Read a book on any topic, both digital and paper books accepted.
- **Watch a Documentary** - learn something new about health, history, or anything that sparks your interest.
- **Watch or Listen to a Comedy Special** – Laughter is the best medicine, so release those endorphins by checking out a Netflix comedy special or attend a comedy show.
- **Try a New Physical Activity or Sport** – Challenge yourself and step out of your comfort zone! Explore something new like table tennis, motocross, or batting cages.
- **Complete a Puzzle** – Solving puzzles reinforces the existing connections between brain cells so get out your jigsaw puzzle, sudoku, word puzzles or Rubik's cube.
- **Adopt a Houseplant** - Houseplants improve concentration and productivity, reduce stress and clean the air.
- **Plant a Garden or Flowers** – Gardening gets you outside which helps to reduce negative feelings like depression, anger, and stress.
- **Gym Attendance** – If you attend the gym at least 8 days per calendar month you can receive credit. Submit documentation of your gym receipt or a gym attendance sheet.