



# Healthy Lions "Track It" Challenge

*Sponsored by the Student Health Ambassador (SHA) Program*



## What is the "Track It" Challenge?

Starting on Monday, January 18th, all students, faculty, and staff are required to track temperature and symptoms on SWOL.

Our challenge to you is simple:  
Continue to focus on the 3 W's and track your information on SWOL for 14 consecutive days!

*(Challenge dates: Monday 1/18 - Sunday, 1/31).*

## What happens if I log my temperature and symptoms in SWOL for 14 days in a row?

Not only are you doing your part in keeping our MHU community healthy (and helping us to stay on campus for our spring semester), you will earn one of our Healthy Lions Influencer T-shirts AND automatically be entered into the Grand Prize Drawing\* for the following prizes:

**1st Prize: Apple AirPods**

**2nd Prize: \$75 Dick's Sporting Goods Gift Card**

**3rd Prize: \$50 Gas Gift Card**

\*There will be separate drawings for students and for faculty/staff.  
Winners in each category will be announced during the week of February 8th.

## Do I need to continue tracking my temperature and symptoms after the Challenge is over?

Absolutely, yes! Daily SWOL check-ins are required of all students, faculty, and staff and are an essential part of our "shared responsibility" to prevent the spread of COVID-19 on campus and in the local community.

*For updates on the "Track It" Challenge and other upcoming SHA events, follow us on*



*(MHU Student Health Ambassadors) and on*



*(marshillsha).*

*Questions? Email [sha@mhu.edu](mailto:sha@mhu.edu)*