

# freshcheckday®

checkin'-in with college students

A program of the Jordan Porco Foundation | [Jordanporcofoundation.org](http://Jordanporcofoundation.org)

## Tuesday, Sept. 8th

### Available on Social Media:

9 out of 10 Booth- Take the Pledge to help a friend  
Check In & Chill Out- Guided Meditation  
Know Your Limit- One Bad Night Mad Lib  
YOUNique- What do you love about yourself? campaign  
Paint You Art Out- Virtual community happiness mural  
It Takes a Village- Create a voting plan  
100 Reasons- 100 reasons to be a Golden Ram  
Be Yourself- Submit messages of support for individuals coming out+  
Rise Up-Share messages of support for individuals who may have experienced sexual violence/harm  
Elephant in the Room- Decorate & share your elephant in the room



### Scheduled Booths:

8am	Boost-Tabata Class (In person Campus Rec)*
9:30am	Boost-Tabata Class (Online)+
10am	Boost-HIIT (Online)+
11am	UBelong- Jamboard Bash (Online)+
12pm	Mood Matters-Mask Decorating (Online)+
3pm	Boost-Barre (In-person Campus Rec)*
6pm	Uplift-Mindfulness Hike (In person)+
7pm	Boost-Cycle (In person Campus Rec)*
7pm	Thrive-Vision Board Making+
7:30pm	Boost-Barre (Online)+
8pm	Self-care Trivia+

Free Insomnia Cookie coupon for all participants    First 50 people to complete 5 activities win a t-shirt  
Additional giveaways: Amazon Fire 7    (2) \$25 Amazon gift cards    Movie snack box & Redbox code

Follow along throughout the day on social media with the hashtags: **#FreshCheckDayWCUPA** **#CheckUpFromTheNeckUp**

\*Register on IM Leagues to participate

+Register on RamConnect for additional information

