



# THIS OR THAT



April 6-10

## CLEAN | PLAN | ORGANIZE

Screenshot or download this card.

Circle each item you have completed on each side of the list.

Enter to win: submit completed card with a photo of you completing one of the tasks and your email address. Entries can be submitted via email at [wellness@wcupa.edu](mailto:wellness@wcupa.edu) or via Instagram @WCUwellnesspromotion

3 randomly selected individuals who complete will win a \$5 Amazon gift card emailed directly to them.

WIPE DOWN  
LIGHT SWITCHES

CLEAN OUT  
EMAIL INBOX

ORGANIZE  
COMPUTER FILES

UPDATE/CREATE  
A RESUME

PLAN AN ONLINE  
MEETING WITH A  
FRIEND

REFLECT ON  
FIRST WEEK OF  
ONLINE CLASSES

RESEARCH  
SUMMER  
INTERNSHIPS

ORGANIZE A  
CLOSET

WIPE DOWN DOOR  
KNOBS

CLEAN OUT A  
DRAWER

ORGANIZE PAPER  
PILES

UPDATE/CREATE A  
DAILY SCHEDULE

PLAN A FUN TRIP  
WITH A FRIEND  
ONCE DISTANCING  
IS OVER

PRIORITIZE  
REMAINDER OF  
PROJECTS FOR THE  
SEMESTER

RESEARCH  
SUMMER JOBS

ORGANIZE YOUR  
CLASS WORK  
SPACE