A person and a child running in a grassy field

Description automatically generated with low confidenceFill your bucket this summer by doing things that feel good to you! Our Summer Bucket List Challenge has some great ideas or create your own. Set a goal and then get to fillin’ your bucket!

**Summer Bucket List Challenge**

**Track your fun for 30 days by checking 10 days off your bucket list. Email your completed form to** [**wellness@uwgb.edu**](mailto:wellness@uwgb.edu)

# Treat yo’ self!

## Self-care

Stargaze—contemplate just how amazing life is Use PTO to leave work early to do your own thing! Enjoy a book or magazine at your favorite cafe Tap in to your artistic side with sidewalk chalk Take a nap or read in the warm shade

Say “no” to something that feels stressful Say “yes!” to something fun and indulgent

Relax in the bath, pool, hot tub, lake—you choose Sit outside, close your eyes, and just listen

# I like to move it, move it!

## Active living

Dance to music that moves you

Beat the heat—get up for an early morning walk/run Start your day with yoga in the sunshine

Walk to do an errand or get a summer treat

Try a NEW activity—geocaching, paddle boarding, etc. Grab a friend and go for a bike ride

Work in your garden or yard

Hand wash your car

Go for a hike and have a picnic

# Get ‘er done!

## Goals, productivity, professional development

Get rid of 25 items from your house

Organize a space—don’t forget before and after photos Set one professional or personal goal for the summer Don't check work email when you are on vacation Make an emergency/natural disaster plan with family Aim for a no-waste week—reduce, reuse, recycle

Listen to a professional/personal development podcast Read an article that will help you toward a goal

Plan a fall/winter vacation

# Sunday—fun day!

## Weekend ideas with friends and family

Go camping

Visit a museum—pose like an exhibit (pictures!) Catch a summer blockbuster to escape the heat Have fun with animals—zoo, aquarium, or your pet

Go to an outdoor concert, festival, fair or sports game

Try an outdoor ropes course or ziplining

Go to brunch or have a picnic in the park

Visit a pool, river, lake, or coast for a water adventure Tour your local town or a new city you want to see

# For the love of full bellies!

## Food and drink

Make a healthy, cool summer treat—share the recipe! Organize a progressive dinner with some neighbors Enjoy a treat from an ice-cream truck

Make real homemade lemonade (no powdered stuff!) Eat your favorite summer produce—savor every bite Have a BBQ and snap a photo of the grill master

Try a cold summer soup recipe Make fruit popsicles

Pick up fruits and veggies from a farmers' market

# You do you!

## Create your own list

