

Name: \_\_\_\_\_

Campus: \_\_\_\_\_



# 12 DAYS OF SELF-CARE

## THE HOLIDAY EDITION



Place a check mark by 12 of the 16 challenges to earn a prize! Turn in your completed challenge to the RAMPED envelope in the office by Friday, December 15, 2023!

- |   |  |
|---|--|
| <input type="checkbox"/> <i>Wear a crazy sweater</i>    | <input type="checkbox"/> <i>Treat your feet to fuzzy socks</i>   |
| <input type="checkbox"/> <i>Send a holiday card</i>     | <input type="checkbox"/> <i>Pretend it's snowing</i>             |
| <input type="checkbox"/> <i>Buy yourself a gift</i>     | <input type="checkbox"/> <i>Watch a holiday movie</i>            |
| <input type="checkbox"/> <i>Get cozy next to a fire</i> | <input type="checkbox"/> <i>Sing a carol</i>                     |
| <input type="checkbox"/> <i>Hug someone</i>             | <input type="checkbox"/> <i>Spend extra time in your pajamas</i> |
| <input type="checkbox"/> <i>Silly selfie with Santa</i> | <input type="checkbox"/> <i>Engage in a pillow fight</i>         |
| <input type="checkbox"/> <i>Eat a warm cookie</i>       | <input type="checkbox"/> <i>Take a long winters nap</i>          |
| <input type="checkbox"/> <i>Write a letter to Santa</i> | <input type="checkbox"/> <i>Play your favorite reindeer game</i> |

Put yourself first so you can last!  
Love, the RAMPED Team!