



SPOOKTACULAR Wellness Blackout!

ARE YOU BRAVE ENOUGH TO TAKE ON OUR
BLACKOUT CHALLENGE?!

How to Play!

Throughout the month of October, black out as many activities as you can complete. At the end of the month, take a selfie of you with your blacked out challenge. Tag #HealthyKnoxville and Knoxville Hospital & Clinics in a Facebook post AND email your selfie to info@knoxvillehospital.org. Three winners will be drawn on November 7 and will receive a \$25 gift card to Knox Nutrition.



List of Activities

1. Pick out the perfect pumpkin
2. Drink 6-8 glasses of water 5 times this month
3. Visit a corn maze
4. Eat a serving of fruits and/or vegetables each day for a week
5. Go for a hike
6. Attend "KHC Presents Girls Night Out" on October 7
7. Go apple picking
8. Write in a journal 5 times this month
9. Go to a haunted house or for a hayride
10. Take a 30-minute walk
11. Make or help make a pumpkin or apple pie
12. Say hello to a stranger
13. Watch a Halloween movie
14. Give up a vice (pop, coffee, candy, etc.) for a week
15. Do a crossword puzzle or Sudoku
16. Carve a pumpkin
17. Get in 10,000 steps 5 times this month
18. Collect colorful leaves and make a craft with them
19. No junk food one day per week
20. Bake Halloween themed cookies
21. Do a random act of kindness
22. Plan or attend a Halloween party or event
23. Give up technology for one hour 5 times this month
24. Go trick-or-treating or hand out candy
25. Cheer on the Knoxville Cancer Relay team on October 14-15
26. Make S'mores around a campfire
27. Attend a sporting or school event
28. Attend the Knoxville Farmers Market
29. Take a stroll on the Compentine Trail
30. Eat a caramel apple
31. Get 7-9 hours of sleep 5 times this month

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