LUTHER LINES RULES AND HOW TO PLAY

- You are required to select a new partner each week. Try to pick someone you see on a regular basis during the week (i.e.: work in the same building, have lunch together, etc.)
- If you cannot find a partner for the week, please email pierbr01@luther.edu and we will make every attempt to assign one to you
- Please turn in game boards to Vicky Jaeger (Union 104) each Tuesday after they are completed
- Every winner from the week will be in a drawing to win a prize for one weekly prize
- All winners from all weeks will be entered into a final drawing
- Winners will be contacted by email and names will be posted on the Wellness website
- **Game boards are due:**
  - Week 3/2-3/8: 3/9
  - Week 3/9-3/15: 3/16
  - Week 3/23-3/31: 4/1

**How to Play:**

Earn one line for each of the following done each day of the week (4 lines=1 square):

*30 minutes of exercise (earn up to 2 lines for 60 minutes of exercise)*
  *3 servings of fruit*
  *3 servings of vegetables*
  *8 glasses of water*
  *6+ hours of sleep*

Distinguish squares won between each player (i.e.: initials, 1 or 2, etc.)

Contact pierbr01@luther.edu with any questions