



STUDENT LIFE
Student Services

shu.edu/student-services/mind-heart-spirit-challenge.cfm

SETON HALL UNIVERSITY

#MindHeartSpiritChallenge

Our three-part virtual & live triathlon

May 1st through May 15th

STEP 1

Sign up at
MyFitnessPal.com
(free app)

Send a
friend request to
MindHeartSpiritChallenge



STEP 3

THAT'S IT!
GET GOING!
THIS CHALLENGE
ISN'T GOING TO
WIN ITSELF
Great prizes at each
checkpoint, and one
winner-takes-all
prize for the finalist!

STEP 2

Sign up at shu.edu/student-services/mind-heart-spirit-challenge.cfm
THIS FLYER will have progressive challenges for you to complete.
For each set of challenges you will know how to submit your
completed task. You **MUST** use the two hashtags
#MindHeartSpiritChallenge AND **#SetonHallStrong**

Show 'em what great minds can do!