



Navigate - U's Summer Survivor Challenge

Complete 9 of 12 challenges to win Summer Social Survivor

(and take home a custom t-shirt, too)

**Participants must register online at [Summer Survival Challenge Registration](#) to receive their official game card. Three *Survivor Sessions* (one each month during the Summer) will be held from 6pm-9pm at the Heritage Landing Clubhouse on the North Shore for participants to come meet other "TRIBE" members, conquer a few challenges, and most of all, HAVE FUN! Group Sessions will be led by Navigate-U staff members. Going on vacation? That's ok ... we will be posting challenges and engaging folks through social media if there is a scheduled event they can't attend.

READY TO OUT WIT, OUT PLAY, OUT LAST?

CHOOSE FROM THE FOLLOWING CHALLENGES (remember you must complete 9):

Game On! Game Night Challenge (Group offered June 7, 2017)

I'll give you a CLUE, it will be more fun than a BARREL OF MONKEYS. You won't be SORRY you came! Gather with others to eat, drink, and play a night of board games — some old, some new, some based on luck, some based on skill. Everyone is sure to leave a winner! While we are at it, we will learn to make a healthy snack and enjoy it too.

Top Chef - NOT! Cooking Challenge (Group offered July 12, 2017)

Gather with the group to learn a new and healthy recipe. Prepare a 3 course (easy but delicious) meal together and eat alongside others. Share stories and learn about others in the process.

Yes, And! - Improv Challenge (Group offered August 2, 2017)

Improv is usually described as theater that is unrehearsed, unplanned, unstructured, and spontaneous — JUST LIKE LIFE — but learning true improv is based on practicing solid communication skills. Working with others and an improv coach, practice interpreting others and responding appropriately through the use of improv.



Got Health? Wellness Challenge

Learn the art of living a balanced and healthy lifestyle. Wellness involves physical, mental and emotional health so evaluate where you are in each of the three areas and work with others to develop a plan of action for addressing each area of healthy living.

Walk in the Woods Outdoor Challenge

Research local hikes and plan a day hike with others. Be sure to bring water and snacks that will fit in your backpack.

Discovering Chattanooga Challenge

Whether it is museums or art or secret passageways and ghost tours, Chattanooga has a plethora of things to be discovered. Spend the day with a few people to find some of the local gems that exist in our community.

Art is Smart Challenge

There are many art classes and outdoor offerings within our city. Take some time with some friends to build your artistic talents.

Mind Over Matter Mindfulness Challenge

Mindfulness helps people stay centered and focused daily. Mindfulness can include meditation, yoga, biofeedback among many other offerings. Find a center for mindfulness or yoga studio and participate with others in a class.

My Mom's Not Tech Savvy Technology Challenge

Technology is a way that many people connect with others from around the world. Discover a new and exciting piece of technology or App and teach it to another person — your mom or dad maybe???

Night Out Social Event Challenge

Plan a get together with a few other people and manage the logistics of the event. Whether you are going to a movie together or planning a dinner together, the logistic behind a social gathering can be difficult. Ask for help if you need it.

Leadership Challenge

Everybody has the ability to be a leader, but it sometimes takes work to discover who the leader is inside you. Learn about leadership and talk with others about how they view you in leadership roles. Discover your personal strengths and use those strengths to jumpstart your leadership quest.

The Next Step Transition Challenge (Group offered- Week of July 31-August 4, 2017 add. charge of \$100)

Whether you are transition from middle school to high school, high school to college or simply from summer back to school, the transition process can be difficult if you are not prepared. Work with transition coaches through a three-day transition workshop to prepare for your most successful transition back to school possible.

