🌿 5 WAYS WATERLOO

Game Design Document
Sonia Darlison & Daniel Ruginets

5 Ways gamifies the experience of achieving well-being at the University of Waterloo. Students can earn, collect, and redeem wellness points by using their Watcard for activities connected to the 5 dimensions of wellbeing.

Students can accumulate points towards the 5 categories of wellbeing; being active, connecting with people, giving, taking notice, giving back, and learning.

Points towards activity can be accumulated from taking part in physical activities including swiping their Watcard at the gym, signing up for an intramural team, a club that involves physical activity such as outdoors club, muay thai, or salsa, and from joining a sports team or using a physical activity space such as the squash courts, rock climbing wall or swimming pool. Each time the student partakes in a physical activity, they earn 50 wellness points.

A journal will be handed out on campus as a promotional tool, however the journal also serves as means for collecting "Take Notice" points. Students are encouraged to keep a journal where they reflect on their day. Students can then upload an image of their journal entry through the 5 Ways dashboard, and every entry earns 50 wellness points.

"Giving Back" points can be accumulated by signing up for a volunteer experience using the Watcard, or by donating money through Flex dollars. Every hour of volunteer, and every donation made earns students 100 wellness points.

When students attend events, info sessions, or club sessions, they are eligible for "Connect" points. These can be earned through attending events such as Bomber Bingo, Club Fairs, Go Abroad Fair, among others.

"Keep Learning" points are accumulated every time a student signs out a book at the library, joins an educational club such as a math club, physics club, or chess club, or by setting learning goals and to-do lists in the 5 Ways dashboard.

The 5 ways dashboard can be viewed as a widget on the UW Portal homepage, or by logging in at https://uwaterloo.ca/fiveways.com. Using the dashboard, students can set achievement goals, start challenges with their friends, earn badges for their achievement, monitor the points they have earned, and redeem their points for cash prizes or physical goods.