

WMH Wellness Activity Log

Name		Dept		Month/Year	
Date	DIET: count up to 7 Fruits/ Vegetables a Day	Physical Activities: Two points per 10 minutes up to one hour per day. This includes Cardiovascular, Flexibility and Strength (Max 372)	Stress Mgmt Activities: Participate in 10 minutes of stress management activity each day 2 pts day (Max 62)	Personal Goals: Up to 5 points a day. (Goals to be written down on back of page.) (Max 155)	Total
1					0
2					0
3					0
4					0
5					0
6					0
7					0
8					0
9					0
10					0
11					0
12					0
13					0
14					0
15					0
16					0
17					0
18					0
19					0
20					0
21					0
22					0
23					0
24					0
25					0
26					0
27					0
28					0
29					0
30					0
31					0
Total		0	0	0	0
Additional Points - Note the purpose					
*Maintained a healthy weight this month BMI 19 - 25, 100 points					
Weight loss this month in lbs. (_____ x 10 points) Max 10 lbs a month					
TOTAL					0
Additional Points					
Health Risk Assessment 100 Points once per year		Events Participate in one special event per quarter and receive 150 points. Individual or team sporting event.		Age/ Gender Appropriate Screenings 100 points per year (See chart in Worksite Wellness Incentive program Section for screening guidelines)	

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Personal Goals

Date Set

Completion date:

Ongoing

My Wellness Plan - Articulate your personal goals i.e. lower cholesterol, lower blood pressure, stop smoking, participation in agency wellness activities such as biggest loser (something that does not already fit in the other categories on front of page and can be measured on a daily basis. Something that you would like to do individually to help your healthy living style. And that can be measured on a daily basis.

[illegible]

Please Turn this form into Dawnalyn Hall, ADM, each month when completed. Inner office mail or e-mail.