

HuskyPAW

PHYSICAL ACTIVITY & WELLNESS

MONTHLY POINT TRACKING FORM

NAME _____

FOR MONTH OF _____

M # _____

PHONE _____

DEPARTMENT _____

TODAY'S DATE _____

Selection Point Value

- | | | | | |
|--------------------------|-----|--|--------------------------|-------------|
| <input type="checkbox"/> | 200 | Lunch and Learn Attendance | Date _____ | Topic _____ |
| <input type="checkbox"/> | 500 | Preventative Wellness Visit | Date _____ | |
| <input type="checkbox"/> | 250 | Preventative Dental Visit (limit once per year) | Date _____ | |
| <input type="checkbox"/> | 500 | Organized Smoking Cessation Program | Program Organizer: _____ | |
| <input type="checkbox"/> | 50 | Attendance per session; Smoking Cessation | Dates Attended: _____ | |
| <input type="checkbox"/> | 50 | Organized Weight Loss Program
(limit 1 per year when joining a program) | Program Organizer: _____ | |
| <input type="checkbox"/> | 10 | Attendance per session; Weight Loss | Dates Attended: _____ | |
| <input type="checkbox"/> | 250 | Other* _____ | | |

*This category represents organized events such as triathlons, ski races, snowshoe races or other similar races. Training for such events or classes in yoga, swim, etc. would be tracked as cardio or other exercises.

Complete this portion only if not using Spark People:

- | | | |
|--------------------------|-------|--|
| <input type="checkbox"/> | _____ | Track food eaten daily = 1 point per food (max 5 points per day) |
| <input type="checkbox"/> | _____ | Track Cardio Minutes = 1 point per 5 minutes (max 24 points per day) |
| <input type="checkbox"/> | _____ | Track Other Exercises = 1 point per goal (max 10 points per day) |
| <input type="checkbox"/> | _____ | Track Other Goals = 1 point per goal tracked (max 10 points per day) |
| <input type="checkbox"/> | _____ | Drink 8 cups of water daily = 5 points per day |

TOTAL
POINTS _____

All information I provided is true and accurate.

Employee Signature _____

Date _____