

# LIVINGWELL 2026

## LivingWell Point Tracker Form

This program rewards you for making wellness a daily habit. Complete activities in each category to earn points toward your total LivingWell score. Track your progress throughout the year and submit your completed form to Human Resources by October 31, 2026.

### PHYSICAL WELLNESS | MOVE MORE

CHECK A BOX WHEN YOU'VE ACHIEVED A "MOVE MORE" ACTIVITY.  
(15 POTENTIAL POINTS)

- Use a gym or fitness app. ☐ ACTIVITY #1 (5 POINTS)
- Join a wellness class. ☐ ACTIVITY #2 (5 POINTS)
- Walk, bike, or run daily. ☐ ACTIVITY #3 (5 POINTS)
- Choose your own activity. ☐ ACTIVITY #3 (5 POINTS)

TOTAL POINTS:

### EMOTIONAL WELLNESS | STRESS LESS

CHECK A BOX TO RECORD A "STRESS LESS" ACTIVITY.  
(15 POTENTIAL POINTS)

- Read articles or books on emotional wellness. ☐ ACTIVITY #1 (5 POINTS)
- Practice positive self-talk. ☐ ACTIVITY #2 (5 POINTS)
- Take time for self-care. ☐ ACTIVITY #3 (5 POINTS)
- Choose your own activity. ☐ ACTIVITY #3 (5 POINTS)

TOTAL POINTS:

### COMMUNITY WELLNESS | GIVE BACK

CHECK A BOX WHEN YOU GIVE BACK.  
(15 POTENTIAL POINTS)

- Donate to a cause (Perks Jean Days, Birthbrite, etc.). ☐ ACTIVITY #1 (5 POINTS)
- Volunteer at a LifeWays event. ☐ ACTIVITY #2 (5 POINTS)
- Mentor others. ☐ ACTIVITY #3 (5 POINTS)
- Support a local event. ☐ ACTIVITY #3 (5 POINTS)
- Choose your own activity. ☐ ACTIVITY #3 (5 POINTS)

TOTAL POINTS:

### INTELLECTUAL WELLNESS | GROW SMARTER

EARN POINTS BY COMPLETING THE 15 LIVINGWELL EMPLOYEE WELLNESS QUIZZES IN RELIAS.  
(60 POTENTIAL POINTS IF COMPLETED BY 10/31/2026)

RELIAS

☐ CONTACT SAVANNAH VOGT (TO BE ENROLLED)

☐ COMPLETE ALL 15 TRAININGS BY 10/31/2026 (60 POINTS)

TOTAL POINTS:

### WORKPLACE WELLNESS | THRIVE DAILY

EARN POINTS BY COMPLETING THE LIVINGWELL DIVERSITY TRAINING PLAN IN RELIAS.  
(50 POTENTIAL POINTS IF COMPLETED BY 10/31/2026)

RELIAS

☐ CONTACT SAVANNAH VOGT (TO BE ENROLLED)

☐ COMPLETE ALL 5 TRAININGS BY 10/31/2026 (50 POINTS)

TOTAL POINTS:

### HEALTH CARE | STAY STRONG

EARN POINTS WITH PREVENTIVE CARE APPOINTMENTS AT YOUR PHYSICIAN, DENTIST, AND OPTOMETRIST OFFICES.  
(75 POTENTIAL POINTS)

☐ ANNUAL PHYSICAL EXAM (25 POINTS)

☐ ANNUAL DENTAL EXAM (25 POINTS)

☐ ANNUAL VISION EXAM (25 POINTS)

TOTAL POINTS:

### HEALTH GOALS | AIM HIGH

SET THREE MEASURABLE HEALTH GOALS AND GRADE YOUR PROGRESS BY OCTOBER 31, 2026.  
(UP TO 30 POTENTIAL POINTS)

#### EXAMPLES OF MEASURABLE HEALTH GOALS:

- Eat healthy.
- Be active.
- Reach weight goal.
- Pick your own goal.

GOAL #1  
PROGRESS: ☐

GOAL #2  
PROGRESS: ☐

GOAL #3  
PROGRESS: ☐

#### RATE YOUR PROGRESS:

- 1 = Good Start
- 5 = Good Progress
- 10 = Goal Achieved

TOTAL POINTS:

### SOCIAL WELLNESS | CONNECT MORE

CHECK A BOX WHEN YOU'VE PARTICIPATED IN ANY SOCIAL WELLNESS ACTIVITY THAT IS MEANINGFUL TO YOU.  
(15 POTENTIAL POINTS)

- Find opportunities to make new friends. ☐ ACTIVITY #1 (5 POINTS)
- Plan regular time with friends or family. ☐ ACTIVITY #2 (5 POINTS)
- Host a game night
- Choose your own activity. ☐ ACTIVITY #3 (5 POINTS)

TOTAL POINTS:

### SPIRITUAL WELLNESS | FIND PEACE

CHECK A BOX WHEN YOU'VE COMPLETED ANY SPIRITUAL WELLNESS ACTIVITY THAT IS MEANINGFUL TO YOU.  
(15 POTENTIAL POINTS)

- Meditate regularly. ☐ ACTIVITY #1 (5 POINTS)
- Spend reflective time alone. ☐ ACTIVITY #2 (5 POINTS)
- Let go and practice forgiveness.
- Practice yoga. ☐ ACTIVITY #3 (5 POINTS)
- Choose your own activity. ☐ ACTIVITY #3 (5 POINTS)

TOTAL POINTS:

NAME

SIGNATURE

TOTAL POINTS