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.



EMOTIONAL WELLNESS | STRESS LESS

CHECK A BOX TO RECORD A "STRESS LESS" ACTIVITY.

ACTIVITY #1

ACTIVITY #3

(5 POINTS)

TOTAL POINTS:

(5 POINTS)



Practice positive self-talk.

ACTIVITY #2 (5 POINTS)

Take time for

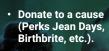
self-care.

• Choose your own

Choose your own activity.

COMMUNITY WELLNESS | GIVE BACK CHECK A BOX WHEN YOU GIVE BACK

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



 Volunteer at a LifeWays event.

Mentor others.

Support a local event.

Choose your own activity.

(5 POINTS)

ACTIVITY #1

ACTIVITY #2 (5 POINTS)

ACTIVITY #2

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)

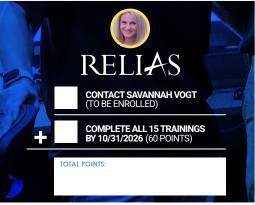
WORKPLACE WELLNESS | THRIVE DAILY

EARN POINTS BY COMPLETING THE LIVINGWELL DIVERSITY TRAINING PLAN IN RELIAS.

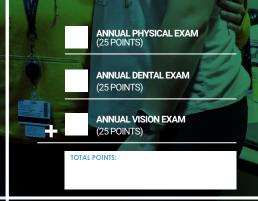
(50 POTENTIAL POINTS IF COMPLETED BY 10/31/2026

HEALTH CARE | STAY STRONG

EARN POINTS WITH PREVENTIVE CARE APPOINTMENTS AT YOUR PHYSICIAN, DENTIST, AND OPTOMETRIST OFFICES.







HEALTH GOALS | AIM HIGH

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



SOCIAL WELLNESS | CONNECT MORE

CHECK A BOX WHEN YOU'VE PARTICIPATED IN ANY SOCIAL WELLNESS ACTIVITY THAT IS MEANINGFUL TO YOU.

Find opportunities to make new friends.

 Plan regular time with friends or family.

 Host a game night

 Choose your own activity.

ACTIVITY #1 (5 POINTS)

ACTIVITY #2 (5 POINTS)

TOTAL POINTS:

SPIRITUAL WELLNESS | FIND PEACE

CHECK A BOX WHEN YOU'VE COMPLETED ANY SPIRITUAL WELLNESS ACTIVITY THAT IS MEANINGFUL TO YOU.

Meditate regularly.
 Spend reflective time alone.

Let go and practice forgiveness.

Practice yoga.

Choose your own activity.

ACTIVITY #1 (5 POINTS)

ACTIVITY #2 (5 POINTS)

ACTIVITY #3 (5 POINTS)

TOTAL POINTS:

NAME SIGNATURE TOTAL POINTS