

LIVINGWELL 2024

LivingWell Point Tracker Form

<p>PHYSICAL WELLNESS MOVE MORE CHECK A BOX WHEN YOU'VE PARTICIPATED IN AND ACHIEVED A PHYSICAL, MOVE MORE ACTIVITY. (15 POTENTIAL POINTS)</p> <ul style="list-style-type: none"> Join a gym or download and use an activity/fitness app on your phone or smart device. <input type="checkbox"/> ACTIVITY #1 (5 POINTS) Participate in a local wellness activity (example: Yoga, Zumba, YMCA, etc.). <input type="checkbox"/> ACTIVITY #2 (5 POINTS) Walk/Bike/Run around your block (or equivalent) once a day. <input type="checkbox"/> ACTIVITY #3 (5 POINTS) You also may come up with your own physical activities that promote getting out there and moving! <input type="checkbox"/> <p>TOTAL POINTS:</p>	<p>EMOTIONAL WELLNESS STRESS LESS CHECK A BOX WHEN YOU'VE PARTICIPATED IN AND RECORDED A STRESS LESS ACTIVITY. (15 POTENTIAL POINTS)</p> <ul style="list-style-type: none"> Seek out articles or books that help support emotional wellness. <input type="checkbox"/> ACTIVITY #1 (5 POINTS) Engage in positive self-talk. <input type="checkbox"/> Seek emotional support when necessary. <input type="checkbox"/> ACTIVITY #2 (5 POINTS) Use an app like Calm to assist with stress management. <input type="checkbox"/> Pamper yourself regularly with self-care. <input type="checkbox"/> ACTIVITY #3 (5 POINTS) You also may come up with your own emotional wellness activities that promote less stress in your life. <input type="checkbox"/> <p>TOTAL POINTS:</p>	<p>COMMUNITY WELLNESS STRESS LESS CHECK A BOX WHEN YOU GET INVOLVED IN YOUR COMMUNITY OR PARTICIPATE IN COMMUNITY SERVICE. (15 POTENTIAL POINTS)</p> <ul style="list-style-type: none"> Support a cause by donation (PERKS Jean Days, Birthrite, charities, etc.). <input type="checkbox"/> ACTIVITY #1 (5 POINTS) Support a cause via Call to Action – reach out to your local, state, or federal representative to get your voice heard! <input type="checkbox"/> ACTIVITY #2 (5 POINTS) Volunteer at events like LifeWays community events, participate on a board, be a Big Brother or Big Sister, or support any other community events of your choosing that promote a good cause. <input type="checkbox"/> ACTIVITY #3 (5 POINTS) <p>TOTAL POINTS:</p>
<p>INTELLECTUAL WELLNESS EARN POINTS BY COMPLETING THE 15 LIVINGWELL EMPLOYEE WELLNESS QUIZZES IN RELIAS. (60 POTENTIAL POINTS IF COMPLETED BY 10/31/2024)</p> <p>RELIAS</p> <p><input type="checkbox"/> CONTACT SAVANNAH VOGT (TO BE ENROLLED)</p> <p><input type="checkbox"/> COMPLETE ALL 15 TRAININGS BY 10/31/2024 (60 POINTS)</p> <p>TOTAL POINTS:</p>	<p>WORKPLACE WELLNESS EARN POINTS BY COMPLETING THE LIVINGWELL DIVERSITY TRAINING PLAN IN RELIAS. (50 POTENTIAL POINTS IF COMPLETED BY 10/31/2024)</p> <p>RELIAS</p> <p><input type="checkbox"/> CONTACT SAVANNAH VOGT (TO BE ENROLLED)</p> <p><input type="checkbox"/> COMPLETE ALL 5 TRAININGS BY 10/31/2024 (50 POINTS)</p> <p>TOTAL POINTS:</p>	<p>HEALTH CARE EARN POINTS WITH PREVENTIVE CARE APPOINTMENTS AT YOUR PHYSICIAN, DENTIST, AND OPTOMETRIST OFFICES. (75 POTENTIAL POINTS)</p> <p><input type="checkbox"/> ANNUAL PHYSICAL EXAM (25 POINTS)</p> <p><input type="checkbox"/> ANNUAL DENTAL EXAM (25 POINTS)</p> <p><input type="checkbox"/> ANNUAL VISION EXAM (25 POINTS)</p> <p>TOTAL POINTS:</p>
<p>HEALTH GOALS SET THREE MEASURABLE HEALTH GOALS AND GRADE YOUR PROGRESS BY OCTOBER 31, 2024. (30 POTENTIAL POINTS)</p> <p>EXAMPLES OF MEASURABLE HEALTH GOALS:</p> <ul style="list-style-type: none"> Eat a more balanced diet. Exercise more. Lose weight. Participate in a fitness class on your phone or smart device. <p>MEASURE YOUR PROGRESS USING THE FOLLOWING POINT SYSTEM:</p> <ul style="list-style-type: none"> Good Start = 1 point Good Progress = 5 points Achieved Goal = 10 points <p>HEALTH GOAL #1 YOUR SELF-GRADE: <input type="text"/></p> <p>HEALTH GOAL #2 YOUR SELF-GRADE: <input type="text"/></p> <p>HEALTH GOAL #3 YOUR SELF-GRADE: <input type="text"/></p> <p>TOTAL POINTS:</p>	<p>SOCIAL WELLNESS CHECK A BOX WHEN YOU'VE COMPLETED ANY SOCIAL WELLNESS ACTIVITY THAT IS MEANINGFUL TO YOU. (15 POTENTIAL POINTS)</p> <ul style="list-style-type: none"> Take up a hobby and find others who share your interest. <input type="checkbox"/> ACTIVITY #1 (5 POINTS) Plan a regular lunch date with your best friend, parent, sibling, child, etc. <input type="checkbox"/> ACTIVITY #2 (5 POINTS) Find opportunities to make new friends. <input type="checkbox"/> Host a game night. <input type="checkbox"/> ACTIVITY #3 (5 POINTS) You also may come up with your own social activities that are meaningful to you. <input type="checkbox"/> <p>TOTAL POINTS:</p>	<p>SPIRITUAL WELLNESS CHECK A BOX WHEN YOU'VE COMPLETED ANY SPIRITUAL WELLNESS ACTIVITY THAT IS MEANINGFUL TO YOU. (15 POTENTIAL POINTS)</p> <ul style="list-style-type: none"> Participate in Yoga. <input type="checkbox"/> ACTIVITY #1 (5 POINTS) Meditate. <input type="checkbox"/> Practice forgiveness. <input type="checkbox"/> ACTIVITY #2 (5 POINTS) Spend reflective time alone. <input type="checkbox"/> Caring and acting for the welfare of others or the environment. <input type="checkbox"/> ACTIVITY #3 (5 POINTS) <p>TOTAL POINTS:</p>

NAME

SIGNATURE

TOTAL POINTS