

FCMC Employee Wellness Rewards Program Activity Form

Please return Activity Form by the 10th of the following month (count only FULL weeks for all activities except Steps)

Name: _____

Month: _____

Year: _____

Weekly/Occurrence Points

ACTIVITY	DESCRIPTION	POINTS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	TOTAL
Exercise	Walking, jogging, bicycling, weight lifting, swimming, participation in sports, exercise classes, stretching, etc. Minimum of 30 minutes each session at least 3 times per wk.	5 per week						-
Step Program	Keep track of you steps per week. This can also be logged by turning in a FitBit report or something of the same manner.	1 per 20k per week						-
	Log daily steps here	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.
	Week 1							-
	Week 2							-
	Week 3							-
	Week 4							-
	Week 5							-
Nutrition	At least 2 meals per day of fresh whole foods. Meals must include 4 out of the 5 main food groups: protein, grain, dairy, fruit and vegetable.	5 per week						-
Positive Lifestyle Habits	Examples: Take stairs instead of elevator, park car distance and walk, walk instead of drive, bike instead of drive, relaxation techniques, spiritual practice of your choice, adequate sleep/ Minimum of 3 x per week.	1 per week						-
Safety Awareness	Examples: Using safety gear, check smoke detectors, store hazardous items safely, wear seat belt, check tire pressure.	1 per week						-
The Earth and Your Health	Examples: Recycling at work and home, buying local produce, using efficient light bulbs, reusable bags, environmentally friendly cleaning supplies and composting	1 per week						-

Monthly/Event Points					
Healthy Weight Program* or Healthy BMI (range 18.5-24.9)	Registered in Weight Watchers or other similar program	10 per month	Program name:		-
	Healthy BMI, Weight Watchers Lifetime Members * See or email Cathy Snyder for your calculated BMI	5 per month			-
Tobacco Free Lifestyle	Tobacco Cessation Program	10 per month	Program name:		-
	Non-Tobacco User	5 per month			-
Preventive Care*	Annual screenings, Vaccinations, Annual physical, Routine Dental & Vision exam	5 per screening	List screening(s) not results:		-
	Monthly Self Exams and Blood Pressure, Flu Shot (yearly)	2 per screening			-
Save a tree	Turn Wellness Log in Electronically	2 per month			-
Volunteer Work*	Max 10 points per month	5 each	List event(s) and date(s):		-
Lifelong Learning	Seminars, Classes, Conferences, TED Talks (Max 10 points per month)	5 each	List event/class and date(s):		-
(*) Documentation required for activity. Writing event, date, screening, description, etc. in column is sufficient for documentation.				TOTAL BUCKS FOR MONTH	-