

Name:
Department:
Date:

	Activity	Points	Frequency Allowed	Total Points
	Use Stairs Instead of Elevator at Work	1	No Restrictions	
	Walk/Run at least 3 miles each week	5	Once Per Week	
	Ride bicycle at least 5 miles each week	5	Once Per Week	
	Walk/Run/Ride Bicycle to Work	10	No Restrictions	
	Attend Any Wellness Activity	20	Once Per Month	
	Participate in Treasure Island River Activity Event	20	20 points for 3 events or 5 points per 1 event	
	Have Your Blood Pressure Checked by Nurse Dielman	10	Once Every Other Week	
	Have Your Blood Sugar Checked by Nurse Dielman	10	Once	
	Have Your Body Fat Percentage Checked by Nurse Dielman	10	Once	
	Workout	1	Point Per 15 min	
	Stretch Each Day	1	Once a Day	
	Park a Couple of Blocks From Work and Walk to the Building	5	Once a Day	
	Eat Healthy	1	Once a Day	
	Run a 5K	20	No Restrictions	
	Run a Half-Marathon	25	No Restrictions	
	Run a Marathon	35	No Restrictions	
	Take A Stress Relief Break	1	Once a Day	
	Donate Blood	10	No Restrictions	
	Have a Preventative/Follow-up Check Up	20	No Restrictions	
	Read Health Article	1	Once a Week	
	Visit a Park	1	No Restrictions	
	Weigh Yourself Each Week To Track Progress	1	Once Per Week	
	Lose a Pound	1	Point Per Pound	
	Other	5	Once a Month	