

NAME: _____ BUILDING _____ DATE _____

CATEGORY	POINTS POSSIBLE	POINTS ACCUMULATED	DATE COMPLETED
HEALTH EDUCATION			
PERSONAL HEALTH PROFILE	15 pts		
ONLINE PULSE LECTURES	10 pts		
DISTRICT WIDE SPEAKER	05 pts		
COMMUNITY EDUCATION	03 pts		
BSSD WELLNESS WEBSITE	07 pts		
WEBMD	05 pts		
TOTALS	45 pts		
PHYSICAL ACTIVITY			
DECA 5k RUN	10 pts		
SEM 1 PHYS. ACTIVITY LOG	10 pts		
SEM 2 PHYSI. ACTIVITY LOG	10 pts		
CARDIO TRAINING	05 pts		
RESISTANCE TRAINING	05 pts		
BIGGEST LOSER COMP.	05 pts		
UNSPONSORED PA CLASSES	05 pts		
TOTALS	50 pts		
DIETARY HABITS			
MyPYRAMID.GOV	10 pts		
HEALTHY EATING LOG 1	10 pts		
HEALTHY EATING LOG 2	10 pts		
HEALTHY DIET RECIPE	01 pt/per		
5/DAY FRUITS AND VEG.	05 pts		
FIBER FOR HEALTH	05 pts		
WATER INTAKE	05 pts		
TOTALS	50 pts		
HEALTHY BEHAVIORS			
100% ATTENDANCE	12 pts		
SMOKING CESSATION	10 pts		
< 3 SICK DAYS	08 pts		
HEALTH FAIR PARTICIPATION	10 pts		
TOTALS	40 pts		
PREVENTIVE SCREENINGS			
YEARLY PHYSICAL EXAM	12 pts		
ALTERNATIVE PHYSICALS (DENTAL AND VISION)	15 pts		
FLU SHOTS	05 pts		
CHOLESTEROL CHECK UP	05 pts		
FITNESS ASSESSMENT	05 pts		
DIST. SPONSORED SCREEN.	05 pts		
SCREENING FORM	03 pts		
TOTALS	50 pts		
GOAL ACHIEVEMENT			
GOAL AWARENESS	05 pts		
STEPS TO ACHIEVEMENT	03 pts		
GOAL ACHIEVEMENT	07 pts		
TOTALS	15 pts		
	POINTS POSSIBLE	YOUR TOTAL POINTS	DATE SUBMITTED
TOTAL POINTS EARNED	250 PTS		