
Name

Global Employee Health & Fitness Month

POINTS MAY BE EARNED FOR THE FOLLOWING ACTIVITIES. ENJOY AND BE CREATIVE WITH YOUR ACTIVITIES! **THE HEALTHIER, HAPPIER U WEEK GOES MONDAY THROUGH SUNDAY.**

ACTIVITY	# OF POINTS		TOTAL
Earn Points Daily:			
At least 30 minutes of exercise, including fitness classes	2 (max 2 pts per day)		
At least 15 minutes of physical activity, other than exercise (ex. walking a dog, vacuuming, mowing the lawn)	2 (max 2 pts per day)		
Do some "laps" around the house	2		
Try some step-ups on a park bench followed by dips and push-ups	2		
When cooking – do 15 squats	3		
Pace when you talk in the phone (10x)	2 pts for every 10		
Fit Feet – 10,000 steps per day of brisk walking	2		
Fit Fish – ½ body weight in ounces of water consumption – Divide body weight in half & drink that much water in ounces (ex. 150 pounds/2 = 75 ounces of water)	2		
Kids play sports? Use their practice time to walk or jog around the field or track	3		
Go to bed 30 minutes earlier and get up 30 minutes earlier to exercise before the day gets busy.	4		
Sleep Hygiene (7-8 hrs) per night	3		
Preparing your bedroom for sleep	2		
Snack Attack - have a healthy fruit or veggie snack	1 per day		

ACTIVITY	# OF POINTS		
Shake It Off: Try a healthy recipe for a smoothie	2		
Schedule and have a yearly physical exam	3		
Schedule and have a yearly dental exam	3		
Sign up for a charity walk or race <i>(earn points for each sign-up)</i>	5		
Earn Points Weekly:			
Change your scenery – find a new path or park and get your exercise out in the warm spring weather.	3		
Start a hobby like gardening that makes you move	2		
Weigh yourself	1		
1 pound of weight loss (honor system)	2		
Mind your waistline – measure your waistline and record	2		
Calculate your BMI	2		
https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html			
Count (honestly)& record your calories for one week	5		
Earn Points Monthly:			
Attendance at Health Webinars	5		
Find new music – download a fresh workout playlist	2		
Buy new athletic shoes – get your shoes in shape	3		
Know your Cholesterol Levels	2		

One (1) additional point will be earned when reporting weekly point totals on time! Point totals must be submitted by Monday at Noon.