



# 2009 - 10 Week Wellness Program

## Program Tracking Form

ACTIVITY	Points	Completed Activity Points
Walk for 30 minutes three days a week	2 pts (per week)	
Exercise three days a week other than walking	2 pts (per week)	
Encourage a co-worker to exercise with you	1 pt (per week)	
Commit a random act of kindness	1 pt (each act)	
Give Blood	2 pts	
Get a Flu Shot	1 pt	
Get a Physical	5 pts	
Get a Massage	1 pt	
Check your Blood Pressure	1 pt	
Check your Cholesterol	1 pt	
Attend Health Fair	1 pt	
Attend First Friday Program	1 pt	
Attend Wellness Seminar/Workshop on Campus	1 pt	
Attend Fitness Room Tutorial (contact Jim Moore x2695)	1 pt	
Attend Work with Purpose	1 pt	
Attend Diversity Workshop	1 pt	
Attend Mass on Campus	1 pt	
Attend a GCU Sporting Event	1 pt	
Play in Faculty/Staff Softball Game	2 pts	
Participate in Campus Recreation Class	2 pts	
Attend a Smoking Cessation Program	5 pts	
Attend a Weight Management Program for the 10 week period	5 pts	

**Total Points** \_\_\_\_\_

**I hereby certify...**  
**that I have participated in the**  
**activities above in order to qualify for**  
**the GCU incentive program.**

Name:  
(Please Print) \_\_\_\_\_

Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Program runs from**  
**October 5, 2009 through December 11, 2009**

**\*\*\*DRAWING ON DECEMBER 17, 2009\*\*\***

**50 pts = Eligible for a \$100 Gift Card drawing**  
**35 pts = Eligible for a \$ 75 Gift Card drawing**  
**20 pts = Eligible for a \$ 50 Gift Card drawing**

**All forms must be returned to the**  
**Office of Human Resources by December 15, 2009**