

Monthly Wellness Participation Checklist:

Complete this page and return it along with all documentation to health@fsd145.org to be sure you receive credit in the proper areas for the month. Your Google Sheet will be updated by the end of the next month.

Name: Click or tap here to enter text.

Month/Year: Click or tap here to enter text.

Categories and documentation required (check each category you are submitting for this month):

- Biometric Screening** **125 points**
(Your name must be on the sign in sheet.)
- ~~**Health Fair Attendance**~~ ~~**75 points**~~
(Canceled due to lack of vendor participants.)
- Wellness Seminar** **50 points (per seminar)**
(Your name must be on the sign in sheet.)
- Gym Attendance – 8 times per month** **50 points (per month)**
(Attendance sheet from gym or calendar initialed by gym rep. Use of a home gym equipment does not qualify in this area for points.)
- Group Fitness Class – 3 times per month** **50 points (per month)**
(Attendance sheet or calendar initialed by course instructor.)
- 10,000 or More Steps/Day OR 30 Minutes of Moderate Exercise – 8 times per month** **50 points (per month)**
(Screen shot or report printed from whichever fitness app you prefer.)
- Annual Wellness Exam/Physical** **50 points**
(Verification form must be signed and submitted. Form found at fsd145.org/wellness)
- Annual Dental Exam** **50 points**
(Verification form must be signed and submitted. Form found at fsd145.org/wellness)
- Annual Vision Exam** **50 points**
(Verification form must be signed and submitted. Form found at fsd145.org/wellness)
- Monthly Challenge** **100 points**
(Monthly Challenge calendar must be completed and submitted by due date noted.)