



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