

Fit & Fun Score Card

Name _____

New participant
(Please circle if yes)

Referred by _____

Campus mailing address (to send \$) _____ • 60 points = \$1 Wellness Dollar
 • One point per minute of activity • 10 minute minimum/day • 120 points/day maximum • \$300 yearly maximum

MONTH _____

Date	Points	Date	Points	Date	Points	Date	Points
1		10		19		28	
2		11		20		29	
3		12		21		30	
4		13		22		31	
5		14		23			
6		15		24			
7		16		25		Points Total	
8		17		26		Bonus Total	
9		18		27		TOTAL	

Send totals to *Annette Easdale SSH 101* via campus mail or e-mail by the 8th of each month.

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WELLNESS BONUS POINTS

- **Physical Exam** - 60 points (once per year)
- **Dental Exam** - 60 points (twice per year)
- **TOBACCO CESSATION**
 - 1 Month = 5 wellness bucks
 - 6 Months = 20 wellness bucks
 - 12 Months = 40 wellness bucks
- **Sample Monthly Wellness Activities**
 - Dental flossing
 - Wellness Workshops
 - Listen to a wellness tape
 - Spiritual activity
 - Wellness assessment
 - Numerous other activities
- For any of the above activities which occupy **less than 1 hour** per month, score **30 points**.
- For activities occupying **1 - 8 hours per month**, score **60 points**.

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