

## Tracking Form

Date	No Smoking	5 - 9 Fruits Vegetables a Day	Cardio-vascular	Flexibility	Strength	Stress Mgmt. Activities	Education Cessation Weight Mgmt.	Age Appropriate Screenings	Total
1-Jan-05									0
2-Jan-05									0
3-Jan-05									0
4-Jan-05									0
5-Jan-05									0
6-Jan-05									0
7-Jan-05									0
8-Jan-05									0
9-Jan-05									0
10-Jan-05									0
11-Jan-05									0
12-Jan-05									0
13-Jan-05									0
14-Jan-05									0
15-Jan-05									0
16-Jan-05									0
17-Jan-05									0
18-Jan-05									0
19-Jan-05									0
20-Jan-05									0
21-Jan-05									0
22-Jan-05									0
23-Jan-05									0
24-Jan-05									0
25-Jan-05									0
26-Jan-05									0
27-Jan-05									0
28-Jan-05									0
29-Jan-05									0
30-Jan-05									0
31-Jan-05									0
*Maintained a healthy weight this month BMI 19 - 25									
Weight loss this month in lbs. (_____ x 10 points)									
<b>TOTAL</b>									<b>0</b>

**Health Risk Assessment**

100 points once per year

**No Smoking**

Five points per day

**Fruits and Vegetables**

One point per fruit and vegetable up to seven per day

**Physical Activity**

One point per 10 minutes up to one hour per day

**Stress Management Activities**

Two points per 10 minutes up to one hour per week

**Education/Cessation/Weight Mgmt.**

10 points per class up to one per week

**Age/Gender-Appropriate Screenings**

100 points per year per  
(See chart in Worksite Wellness Incentive Program Section for screening guidelines)

\*Note: If a healthy weight is reached during the month, the maximum 100 points is awarded.