

Keep track of your activities and use this Record Keeper when submitting credits online. Submit credits during April 1st - 30th, 2009 ( see page 2 for instructions). Deadline is April 30, 2009 - no exceptions! Participate in as many activities as possible and Have Fun!

Record Keeper

**WellAwards' Activities ↓**

**Preventive Health Screenings**

- Blood Pressure Check
- Bone Density Scan
- Cancer Screenings
- Chemistry Screen
- Eye Exam
- Flu Shot
- Teeth Cleaning

**Living a Healthy Lifestyle**

- Healthy Nutrition
- Healthy De-Stressing
- Physical Activity: Cardiovascular
- Physical Activity: Stretching/flexibility
- Physical Activity: Strength Training
- Restful Sleep

**Healthy Lifestyle Education & Support**

- Ask an Expert
- Freedom From Tobacco
- Make Peace with Food Teleclass
- Medical Self-Care
- Pregnancy Program (StarBaby)
- SparkPeople
- Weight Management Class

**Emotional Health & Well-Being**

- Counseling (EAP)
- DesktopSpa

**Work-Life Balance**

- Personalized Holistic wellness
- Worklife Services (TLC)

**Assessments**

- Ergonomic Assessment
- Resting Metabolic Rate Measurement

**Disease Prevention/Management programs**

- Diabetes Support
- Metabolic Syndrome
- Recovering From Depression

Page	Credits (circle your credits)	Date (completed)
9	1	_____
10	1	_____
11-13	1 or 2	_____
14	1	_____
15	1	_____
15	1	_____
16	1	_____
17	2	_____
18	2	_____
19	3	_____
20	2	_____
21	2	_____
22	2	_____
23	2	_____
24	2	_____
26	2	_____
27	1	_____
28	1	_____
29	1	_____
30	2	_____
31	2	_____
32	1	_____
33	1 or 2	_____
35	2	_____
37	1	_____
38	1	_____
39	1	_____
40	3	_____
41	2	_____
Total Credits		