



## COWP Physical Activity Challenge

**Rocky Mountain  
Prevention Research Center**  
colorado school of public health

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

MY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL POINTS
a. Stretch 10 minutes first thing in the morning or before bed	My goal this week: 1.							
b. Walk ____ minutes every day (ex. 30)	My goal this week: 1.							
c. Walk _____ steps a day (ex. 5,000)								
d. Join Children in MVP (moderate-to-vigorous physical activity)	My goal this week: 1.							
e. Be active with your family ____ day(s) a week								
f. Other (Write your own PA goal):	My goal this week: 1.							

Wellness Champion: \_\_\_\_\_

COWP Facilitator: \_\_\_\_\_

## Workplace Wellness How To's

### Choose your own goal!

Each week, choose a goal from the list provided or create your own. It can be the same each week or you can switch it up.

### How to participate:

1. Complete the form with the start & end date of the challenge, name of your wellness champion, and COWP facilitator.
2. Pick your goal each week.
3. Give yourself 1 point for each day you complete your goal. Weekends count too!

### At the end of the challenge:

Turn your log into your wellness champion.

**Celebrate your successes along the way!!**

## Stages of Change Model

Below are the stages of change. Keep these in mind when you are setting your weekly goal. You may be thinking about making a change, preparing for a change, taking action, or maintaining a change you are already working on.

People move back and forth between stages, so remember that it's a process, and keep working towards your ultimate goal!

