



Workplace Wellness Goals Month:

NAME: _____

SITE: _____

What is your goal? _____

WEEK 1 *Put an X through every goal you complete each week!						
Take a 30-minute walk this week	Do 30 jumping jacks today (at home or with your class)	Add one red and one green fruit/veggie to your dinner	Participate in active play with kiddos during outdoor time or with your own children at home	Include one fruit with breakfast this morning	Drink a glass of water first thing in the morning	BONUS DAY! Total:
WEEK 2 *Put an X through every goal you complete each week!						
Celebrate a birthday (or other occasion) with healthy or non-food items	Sit with kiddos during lunch time and talk about favorite fruits and veggies	Put on music and dance	Set up a structured activity using a new piece of portable play equipment and model the activity	Stretch for 10 minutes before work	Swap one unhealthy snack with a fruit or vegetable	BONUS DAY! Total:
WEEK 3 *Put an X through every goal you complete each week!						
Make a list before grocery shopping this week	Attend one COWP parent wellness workshop	Try a new activity (biking, swimming, yoga, Zumba, etc.)	Wear your walking shoes and sneak in an extra lap or two around the school	Share one healthy recipe with your coworkers	Drink 8 glasses of water today	BONUS DAY! Total:

Was your goal accomplished? Yes No

Spring Workplace Wellness Logistics:

GOAL: To complete as many monthly goals as possible throughout each Month!

- **How do you participate?**

- It's Easy!!
- Put an 'X' through goals as you complete them and add up your total number of 'X's

- **How to turn in your logs after each month!**

- **Turn in your paper log to your COWP Wellness Champion**
- Alternative ways of turning in your log
 - Text them to your COWP Workplace Wellness Facilitator
 - Email a picture to your COWP Workplace Wellness Facilitator
 - Deliver paper log to your COWP Workplace Wellness Facilitator

- **What will you win?!**

- Great Prizes! Everyone who turns in a log will be in the running to receive prizes every month
- Winners will be randomly selected from collected logs in the beginning of every month!

