



## Workplace Wellness Goals

Month: \_\_\_\_\_

NAME: \_\_\_\_\_

SITE: \_\_\_\_\_

What is your goal? \_\_\_\_\_

WEEK 1 *Put an X through every goal you complete each week!						
Infuse your water with one red fruit	Park at the back of the parking lot when shopping	Lead a structured activity with a different portable play equipment	Pack all your snacks for the day	Walk sideways for 10 minutes today to burn more calories	Take your class for a walk outside or around your classroom	BONUS DAY!  <b>Total:</b>
WEEK 2 *Put an X through every goal you complete each week!						
Eat two red fruit or veggies during a meal	Have a Toss it Together Salad Lunch with coworkers. Send a photo to COWP	Try a new vegetable with your family	Share your favorite fruit or veggie side dish recipe with coworkers	Take a few laps on the stairs	Do 20 jumping jacks with your class	BONUS DAY!  <b>Total:</b>
WEEK 3 *Put an X through every goal you complete each week!						
Walk 150 minutes throughout the week	Drink a glass of water before you go on a walk	Bring a new vegetable to talk about with your class	Make a salad with at least 5 fruits or veggies	Improve your balance by standing on one foot for 30 seconds	Stretch for 10 minutes with your class today	BONUS DAY!  <b>Total:</b>
WEEK 4 *Put an X through every goal you complete each week!						
Make a plan for minutes and type of physical activity this week	Share your favorite healthy recipe with a friend	Ask your class their favorite animal during a meal or snack today	Write down all the food you eat for a day	Have your class draw pictures to use as placemats during snack	Dance with your class to a new song	BONUS DAY!  <b>Total:</b>

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!

