

Monthly Activity Form



Email Address: _____

2008 Knox County Bright Start Wellness Program
Must be received by the 10th of each month (captures prior months activities)

Name: _____ Month: _____ Year: _____ Department: _____ Phone: _____

Activity	Description	Point Value	Week 1	Week 2	Week 3	Week 4	Week 5	Totals
Exercise	Minimum of 30 minutes per session, 3x per wk	5 points month						
Stretching	Proper warm-up and stretching, 3x per wk	5 points month						
Stairs	Taking stairs instead of elevators, 3x per wk	5 points month						
Relaxation	Minimum of 30 minutes per session, 5x per wk	5 points month						
Nutrition	Food Pyramid compliance (www.mypyramid.gov)	5 points month						
Vitamins/supplements	Daily intake of a multi vitamin/supplement	5 points month						
Safety Awareness	Using safety gear, checking smoke detectors, and safe storage of hazardous items	5 points month						
Smart Trips Membership	Bike, Walk, Carpool, Bus to work, 12x per month	10 points month	Method of transportation:					
Tobacco Cessation Program or Non Tobacco User	Points awarded per program (not per class)	10 points month	Class offered by:					
Healthy Weight Program	Registered in Weight Watchers, Jenny Craig, LA Weight loss, etc.	5 points month per program	Program Name:					
Maintain Healthy BMI	BMI of 18.5-24.9 (www.healthatoz.com , www.healthmonitor.com)	5 points per month						
Preventive care	Screenings, vaccinations, blood donation, physicals, blood pressure, cholesterol, routine dental & vision exam, etc	5 points each Max: 10 points month	List screening(s): DO NOT LIST RESULTS					
Self Breast Exam Or: Self Testicular Exam		5 points month	Date of Self Exam: DO NOT LIST RESULTS					
Events	Includes Bright Start Sponsored events & or any community events, Lunch & learns, Walks, onsite screenings, health fairs etc.	5 points per event	List Event(s) & Date(s):					
Volunteer Work	Points awarded per organization	5 points each Max: 10 points month	List Organization:					
Special Consideration		To be determined	List Description:					

PLEASE DO NOT SUBMIT ANY HEALTH RESULTS AT ANYTIME!

www.knoxcounty.org/hr and click on Bright Start!

Bright Start Wellness Program

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