













## 2022 Worksite Wellness Challenge

### May 2022 Coach / Team Meeting

- Email / phone / in-person contact with Coach – Date(s): \_\_\_\_\_
- Wellness Committee meeting(s) (weekly, 2x/month, monthly) - Date(s): \_\_\_\_\_
- Contacted insurance representative re: services, support, etc. - Date(s): \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Policy** changes updated, planned, and / or initiated (written organizational principles) (4 points.):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Environment** changes updated, planned, and / or initiated (physical changes, e.g., walkway, bike rack, exercise room, garden) (3 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Program** changes updated, planned, and / or initiated (ongoing events, e.g. stress management classes, tobacco cessation) (2 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Activity / Small** changes updated, planned, and / or initiated (e.g., one-time event, signage, brochures) (1 point):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Challenges identified:
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  - \_\_\_\_\_
- Next month's goals:
  - \_\_\_\_\_
  - \_\_\_\_\_

## 2020 Worksite Wellness Challenge

### June 2020: Coach / Team Meeting

- Email / phone / in-person contact with Coach – Date(s): \_\_\_\_\_
- Wellness Committee meeting(s) (weekly, 2x/month, monthly) - Date(s): \_\_\_\_\_
- Contacted insurance representative re: services, support, etc. - Date(s): \_\_\_\_\_
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  - \_\_\_\_\_
- Policy** changes updated, planned, and / or initiated (written organizational principles) (4 points.):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Environment** changes updated, planned, and / or initiated (physical changes, e.g., walkway, bike rack, exercise room, garden) (3 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Program** changes updated, planned, and / or initiated (ongoing events, e.g. stress management classes, tobacco cessation) (2 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Activity / Small** changes updated, planned, and / or initiated (e.g., one-time event, signage, brochures) (1 point):
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- Challenges identified:
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- Next month's goals:
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  - \_\_\_\_\_



## 2020 Worksite Wellness Challenge

### July 2020: Coach / Team Meeting

- Email / phone / in-person contact with Coach – Date(s): \_\_\_\_\_
- Wellness Committee meeting(s) (weekly, 2x/month, monthly) - Date(s): \_\_\_\_\_
- Contacted insurance representative re: services, support, etc. - Date(s): \_\_\_\_\_
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  - \_\_\_\_\_
- Policy** changes updated, planned, and / or initiated (written organizational principles) (4 points.):
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  - \_\_\_\_\_
  - \_\_\_\_\_
- Environment** changes updated, planned, and / or initiated (physical changes, e.g., walkway, bike rack, exercise room, garden) (3 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Program** changes updated, planned, and / or initiated (ongoing events, e.g. stress management classes, tobacco cessation) (2 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Activity / Small** changes updated, planned, and / or initiated (e.g., one-time event, signage, brochures) (1 point):
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- Challenges identified:
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- Next month's goals:
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  - \_\_\_\_\_

## 2020 Worksite Wellness Challenge

### August 2020: Coach / Team Meeting

- Email / phone / in-person contact with Coach – Date(s): \_\_\_\_\_
- Wellness Committee meeting(s) (weekly, 2x/month, monthly) - Date(s): \_\_\_\_\_
- Contacted insurance representative re: services, support, etc. - Date(s): \_\_\_\_\_
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  - \_\_\_\_\_
- Policy** changes updated, planned, and / or initiated (written organizational principles) (4 points.):
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  - \_\_\_\_\_
  - \_\_\_\_\_
- Environment** changes updated, planned, and / or initiated (physical changes, e.g., walkway, bike rack, exercise room, garden) (3 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Program** changes updated, planned, and / or initiated (ongoing events, e.g. stress management classes, tobacco cessation) (2 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Activity / Small** changes updated, planned, and / or initiated (e.g., one-time event, signage, brochures) (1 point):
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  - \_\_\_\_\_
- Challenges identified:
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  - \_\_\_\_\_
- Next month's goals:
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  - \_\_\_\_\_

## 2020 Worksite Wellness Challenge

### September 2020: Coach / Team Meeting

- Email / phone / in-person contact with Coach – Date(s): \_\_\_\_\_
- Wellness Committee meeting(s) (weekly, 2x/month, monthly) - Date(s): \_\_\_\_\_
- Contacted insurance representative re: services, support, etc. - Date(s): \_\_\_\_\_
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  - \_\_\_\_\_
- Policy** changes updated, planned, and / or initiated (written organizational principles) (4 points.):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Environment** changes updated, planned, and / or initiated (physical changes, e.g., walkway, bike rack, exercise room, garden) (3 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Program** changes updated, planned, and / or initiated (ongoing events, e.g. stress management classes, tobacco cessation) (2 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Activity / Small** changes updated, planned, and / or initiated (e.g., one-time event, signage, brochures) (1 point):
  - \_\_\_\_\_
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- Challenges identified:
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  - \_\_\_\_\_
- Next month's goals:
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  - \_\_\_\_\_

## 2020 Worksite Wellness Challenge

### October 2020: Coach / Team Meeting

- Email / phone / in-person contact with Coach – Date(s): \_\_\_\_\_
- Wellness Committee meeting(s) (weekly, 2x/month, monthly) - Date(s): \_\_\_\_\_
- Contacted insurance representative re: services, support, etc. - Date(s): \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Policy** changes updated, planned, and / or initiated (written organizational principles) (4 points.):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Environment** changes updated, planned, and / or initiated (physical changes, e.g., walkway, bike rack, exercise room, garden) (3 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Program** changes updated, planned, and / or initiated (ongoing events, e.g. stress management classes, tobacco cessation) (2 points):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Activity / Small** changes updated, planned, and / or initiated (e.g., one-time event, signage, brochures) (1 point):
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Challenges identified:
  - \_\_\_\_\_
  - \_\_\_\_\_
- What 3 representatives from your company will be attending the Awards Breakfast on Friday, November 20, 2020:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_