

# 2015 Wellness Challenge Scorecard

## January 1<sup>st</sup>-November 30<sup>th</sup>, 2015

**Completed scorecards due November 30<sup>th</sup>!**

### MONTHLY WEIGHT & BLOOD PRESSURE CHART

MONTH	BLOOD PRESSURE	WEIGHT
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		

January BMI: \_\_\_\_\_ November BMI: \_\_\_\_\_

2015 Weight Loss Goal based on standards below: \_\_\_\_\_

Go to <http://www.bmi-calculator.net/> to calculate your Body Mass Index (BMI) OR see the Wellness Center fitness staff for assistance.

- 1) Maintain BMI < 25
- 2) If BMI 25-29.9 lose 5% of body weight
- 3) If BMI > 30 lose 7% of body weight

Cholesterol Requirements: Must meet 2 out of 3 requirements below

- 1.) Total Cholesterol < 200 mg/dL
- 2.) LDL < 130 mg/dL
- 3.) HDL > 40 mg/dL

<b>Each Wellness Option = \$5</b>	
Healthy Cholesterol Levels	
Record Weight & Blood Pressure Monthly (Jan.-Nov.)	
Non-Smoker	
Healthy Blood Pressure (120/80)	
*Massage	
*Preventative Screenings: Ex. Mammogram, PSA, Pap	
*General Physical	
*Bone Density Test	
*Dental Exam (can count 2 visits/year)	
*Flu Shot/Immunization	
*Eye Exam	
*Blood Sugar Screening	
*Routine/General Physician Office Visit	
Complete an approved tobacco cessation course	
Attend a minimum of 10 sessions of a weight control program. Ex. Weight Watchers, TOPS.	
Participate in JCH Healthy Weigh Program (can use up to 4 times)	
Gym Usage: Utilize a licensed health club (other than the JCH Wellness Center) 36 times in 3 consecutive months. (can be used 4 quarters)	
Complete a community run, walk or bike event Ex. Relay for life, Heart & Sole, S.O.D.A run/walk, etc. (can use 2 times)	
90 Day Challenge Incentive Program (Jan. 5 <sup>th</sup> -April 4 <sup>th</sup> )	
Summer Workout Challenge (June 1 <sup>st</sup> -Aug. 2 <sup>nd</sup> )	
Fall Into Fitness (Sept. 14 <sup>th</sup> -Nov. 22 <sup>nd</sup> )	
<b>TOTAL \$ EARNED (Maximum of \$50)</b>	

**\*REQUIRES RECEIPT**

<b>Visits to the JCH Wellness Center (Jan. 1-Nov. 30, 2015)</b>	
Check in 140 times = \$100	
Check in 120 times = \$75	
Check in 100 times = \$50	
<b>TOTAL \$ EARNED FOR VISITS</b>	

<b>Weight Loss/BMI Goal</b>	
Weight Loss Requirements Met = \$50	

NAME: \_\_\_\_\_ TOTAL \$ EARNED FOR 2015: \_\_\_\_\_