



**2009 Knox County Bright Start Wellness Program  
Monthly Tracking Form**  
Must be received by the 10<sup>th</sup> of each month (captures prior months activities)

**Don't Forget!**  
Your medical reporting form can be submitted once a year for 20 points!

Name: \_\_\_\_\_ Month: \_\_\_\_\_ Department: \_\_\_\_\_

<u>Activity</u>	<u>Description</u>	<u>Point Value</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Totals</u>
Exercise	Minimum 30 minutes per session, 5x per wk	5 points						
Stretching	Proper warm-up and stretching, 5x per wk	5 points						
Stairs	Taking stairs instead of elevators, 3x per wk	5 points						
Mental Health	Regular meditation, relaxation, spiritual health, etc.	5 points						
Nutrition	Food Pyramid compliance ( <a href="http://www.mypyramid.gov">www.mypyramid.gov</a> )	5 points						
Water Consumption	Meeting recommended water intake	5 points						
Vitamins	Daily intake of a multi-vitamin	5 points						
Safety Awareness	Wearing seat belt, home safety checks, etc.	5 points						
Smart Trips Membership	Using alternative methods of transportation: (bus, carpool, walk, bike, etc) <i>*Must be a member of Smart Trips Program</i>	10 points	List method(s):					
Tobacco Cessation or Non Tobacco User	Points awarded per cessation program or for non-users	10 points	Class offered by:					
Healthy Weight Program	Registered in an approved weight loss program	5 points	Program Name:					
Maintain Healthy BMI	BMI of 18.5-24.9 ( <a href="http://www.healthmonitor.com">www.healthmonitor.com</a> )	5 points						
Preventive care	Screenings, vaccinations, physical, etc.	5 points each Max: 10 points	List screening(s): DO NOT LIST RESULTS					
Self Exam	Self breast exam or self testicular exam	5 points	Date of Self Exam: DO NOT LIST RESULTS					
Events	Any Bright Start sponsored event or community event	5 points per event	List Event(s) & Date(s):					
Volunteer Work	Points awarded per organization	5 points	List Organization:					
Self Development	College Courses, Career Development Courses <i>*This includes voluntary, but NOT mandatory work-related courses</i>	5 points per course	List Course:					
Gym Membership		5 points	Gym:					
Green Team Membership	Recycling, energy efficiency, re-usable shopping bags, etc. <i>*Must be a member of Knox County Green Team</i>	5 points						