

WELLNESS ACTIVITY POINTS  
2008-2009

ACTIVITY	Points	Total Possible Points			
PED 115 Fall Membership	1 pt=less than 15 hrs; 2 pts=15-30 hrs; 3pts=30hrs+	3			
Fall Wellness Breakout	1 pt /breakout	1			
Flu Shots	1	1			
Blood Drive	1	1			
Fall Chair Massages	1	1			
Hike w/ the Rufus Glasper	2	2			
Weight Watchers	1 pt = less than 5 mtgs; 2pts=5-9 mtgs; 3pts=10mtgs.	3			
Christmas Break Membership	1 pt.= less than 5 hrs; 2pts =-5 or more hrs	2			
PED 115 Spring Membership	1 pt=less than 15 hrs; 2 pts=15-30 hrs; 3pts=30hrs+	3			
Spring Chair Massages	1	1			
Maricopa Moves	2	2			
Wellness Role Model	1	1			
American Heart Walk	2	2			
HRA'S	3	3			
Mammogram	1	1			
Wellness Fair	1	1			
Yoga	1	1			
Relay for Life	2	2			
Spring Wellness Breakouts	1 pt/breakout	1			
Dietitian Counseling	1	32			
<b>TOTAL POINTS</b>	<b>32</b>	<b>32</b>			

Please note: additional point activities may be added and/or existing activities may be modified during the year. Check with the Employee Wellness Team for questions or concerns.