Employee Solutions	Wellness
Solutions Nutrition Balanced	

Score Card: Week 1 NAME:_____

	Mon	Tues	Wed	Thurs	Fri	Şat	Sun	Total
Exercise								
1 min = 1 pt								
Five 8oz glasses of								
water [10 pts]								
Caffeine intake <300								
mg/day								
[10 pts]								
Workstation break								
[15 pts]								
5-7 servings fruit								
and/or veggies [20 pts]								
Try a recipe and give								
feedback [20 pts]								
Share your success								
story [50 pts]								
Team wellness photo		On	e time on	ly during 4	week cha	llenge		
[50 pts]		O	0 0,1,70 0 7,7	1, 9,91,11,9 1		1101.30		
Book apt with wellness		One	e time on	ly during 4	week cha	llenge		
consultant [50 pts]		3 17	- 3,11,0 -01,	1, 90,11,9 1		1101/30		
Book annual physical		One time only during 4 week challenge						
exam [75 pts]		O 17		1, 5,5,71,5		1101.33		

Grand Total = What section(s) could I improve on for next week?	

Score Card: Week 2

	Mon	Tues	Wed	Thurs	Fri	Şat	Sun	Total
Exercise								
1 min = 1 pt								
Five 8oz glasses of								
water [10 pts]								
Caffeine intake <300								
mg/day								
[10 pts]								
Workstation break								
[15 pts]								
5-7 servings fruit								
and/or veggies [20 pts]								
Try a recipe and give								
feedback [20 pts]								
Share your success								
story [50 pts]								
Team wellness photo		On	e time on	ly during 4	week cha	llenge		
[50 pts]				.,				
Book apt with wellness	One time only during 4 week challenge							
consultant [50 pts]	One sime sim side in a second single inde							
Book annual physical	One time only during 4 week challenge							
exam [75 pts]		5						

NAME:____

Grand Total =	
What section(s) could I improve on for next week?	
	,

Score Card: Week 3

	Mon	Tues	Wed	Thurs	Fri	Şat	Sun	Total
Exercise								
1 min = 1 pt								
Five 8oz glasses of								
water [10 pts]								
Caffeine intake <300								
mg/day								
[10 pts]								
Workstation break								
[15 pts]								
5-7 servings fruit								
and/or veggies [20 pts]								
Try a recipe and give								
feedback [20 pts]								
Share your success								
story [50 pts]								
Team wellness photo		One	e time on	y during 4	week cha	llenge		
[50 pts]				_				
Book apt with wellness	One time only during 4 week challenge							
consultant [50 pts]								
Book annual physical	One time only during 4 week challenge							
exam [75 pts]								

NAME:____

Grand Total =		
What section(s) could I improve on for next week?		

Score Card: Week 4 NAME:_____

	Mon	Tues	Wed	Thurs	Fri	Şat	Sun	Total
Exercise								
1 min = 1 pt								
Five 8oz glasses of								
water [10 pts]								
Caffeine intake <300								
mg/day								
[10 pts]								
Workstation break								
[15 pts]								
5-7 servings fruit								
and/or veggies [20 pts]								
Try a recipe and give								
feedback [20 pts]								
Share your success								
story [50 pts]								
Team wellness photo		On	e time on	ly during 4	week Cha	llenge		
[50 pts]		01,	0 0,11,0 01,	i, aa.,,,,		1101/30		
Book apt with wellness		On	e time on	ly during 4	week Cha	llenge		
consultant [50 pts]	One time only during 4 week challenge							
Book annual physical		One time only during 4 week challenge						
exam [75 pts]		01,	0 0,1,70 017	1, 99.119		1101750		

Grand 7	- l6to	
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We hope you have enjoyed this challenge. Keep up the great work!