

**Wellness Activity Planner**

*Quarter 1 (July – September 2021) FY 2022*

GOALS

**GOLD**: Complete one COMMUNICATE, one ENGAGE and one INSPIRE CHANGE activity in all four of the focus areas (WC, PA, HE, WB)

**SILVER**: Complete one COMMUNICATE, one ENGAGE and one INSPIRE CHANGE activity in any three of the focus areas (WC, PA, HE, WB)

**BRONZE**: Complete one COMMUNICATE, one ENGAGE and one INSPIRE CHANGE activity in any two focus areas (WC, PA, HE, WB)

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| **FOCUS AREA** | **COMMUNICATE** | **ENGAGE** | **INSPIRE CHANGE** |
| **WELLNESS COUNCIL** | Activity:  Details: | Activity:  Details: | Activity:  Details: |
| **PHYSICAL ACTIVITY** | Activity:  Details: | Activity:  Details: | Activity:  Details: |
| **HEALTHY EATING** | Activity:  Details: | Activity:  Details: | Activity:  Details: |
| **WELL-BEING** | Activity:  Details: | Activity:  Details: | Activity:  Details: |

**Department: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**