



Wellness Activity Planner

Department _____ Quarter _____ FY _____

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 Activities	Activity: Details:	Activity: Details:	Activity: Details:

Goals

Gold: Complete one COMMUNICATE, one ENGAGE and one INSPIRE CHANGE activity in each 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)