



Wampus Cat Staff Wellness 2019-20 Report Card



To be eligible for each 9 weeks Activity Points Drawings - participants must earn a minimum of 30 points from exercise.

To be eligible for the grand prize Activity Points Drawing at the end of the school year participants must complete each of the 9 weeks requirements with a minimum of 30 points per nine weeks.

To be eligible in the No Sick Day Drawing employees may not use any portion of a Sick Day for any reason during the 9 weeks (personal days or school business days will not be counted against this drawing).

To be eligible in the grand prize No Sick Day drawing at the end of the school year participants should not use any portion of a Sick Day for any reason during the school (personal days or school business days will not be counted against this drawing).

Activity	Date Completed	Points Possible	Your Points
Attend a CPSD Wellness Activity Event or (bowling, 5K, fitness class, etc.)		10	
Attend a CPSD Wellness Presentation or Webinar		10	
Not using sick leave during the quarter		10	
Complete an annual wellness exam		5	
Complete an online health assessment		5	
Attend a Community Wellness Event		5	
Participate in a Health Management Program		5	
Participate in a 5k or longer Walk/Run or other Community Health Event		5	
Get a flu shot or other preventative immunization		3	
Blood pressure checks (2 max per 9 Weeks)			
Blood Pressure Check 1		3	
Blood Pressure Check 2		3	
Engage in physical activity/exercise 30 minutes or more (1 point per day)			
Keep a log		1pt/day	

Wampus Cat Staff Wellness Dates and Deadlines

- 1st Nine Weeks August 19th – October 10th
- 2nd Nine Weeks October 11th – December 31st
- 3rd Nine Weeks January 1st – March 13th
- 4th Nine Weeks March 14th – May 15th

- Verification Form due by October 14th
- Verification Form due by January 6th
- Verification Form due by 17th
- Verification Form due May 20th