

3rd 9 Weeks Wampus Cat Wellness Report Card



January 1st – March 15th
Due March 26th for drawings



Activity	Date Completed	Points Possible	Your Points
Attend a CPSD Wellness Activity Event (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)			
January		1pt/day	
February		1pt/day	
March		1pt/day	

To be eligible for each 9 weeks drawings - participants must:

- earn a minimum of 30 points from exercise
- attend a CPSD Wellness Presentation or CPSD Wellness Activity Event (bowling, 5K, fitness class, etc.)

WAMPUS CAT STAFF WELLNESS VERIFICATION FORM

To be eligible for each 9 weeks drawings - participants must:

- earn a minimum of 30 points from exercise
- attend a CPSD Wellness Presentation or CPSD Wellness Activity Event (bowling, 5K, fitness class, etc.)

To be eligible for the grand prize drawing at the end of the school year participants must complete each of the 9 week's requirements.

Drawing **winners** must produce documentation showing their activity, participation, etc.

Enter me in the following drawing for acquiring ____ total points for this nine weeks

- | | |
|----------------------------|--------------------------|
| ____ 30-40 Points | 1 entry in the drawing |
| ____ 40-60 Points | 2 entries in the drawing |
| ____ 60-80 Points | 3 entries in the drawing |
| ____ 80-100 Points or more | 4 entries in the drawing |

____ Enter me in the drawing for not using any portion of a Sick Day for any reason during this 9 weeks (personal days or school business days will not be counted against this drawing).

____ I earned more than 80 points or more **and** attended a CPSD Wellness Presentation or CPSD Wellness Activity Event this 9 weeks so order me:

____ Wampus Cat Wellness Water Bottle

Or one of the following only if you didn't order one the other 9 weeks:

____ Or a Wampus Cat Wellness Tote Bag

____ Or a 2018-19 Wampus Cat Wellness T-Shirt Adult size _____

I HEREBY STATE THAT TO THE BEST OF MY KNOWLEDGE, MY ANSWERS TO THE ABOVE QUESTIONS ARE CORRECT.

Printed Name

Signature

School/Building Location

Date