

CONWAY  
*Wampus Cats*



# STAFF WELLNESS PROGRAM

SPONSORED BY



CONWAY REGIONAL  
HEALTH SYSTEM

# Program overview

The CPSD Staff Wellness program is a health initiative to encourage and provide employees with a variety of opportunities to improve their health. The conditions that affect the health of employees also influence the health and learning of students. Encouraging the improvement of the physical and mental health of school employees is integral to protecting the health of students and ensuring their academic success.

The purpose of the CPSD Staff Wellness program is to provide tools and resources to our employees and to reward them for their efforts.

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

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 or more Points	4 entries in the drawing

## **Wampus Cat Staff Wellness Dates and Deadlines**

1<sup>st</sup> Nine Weeks August 19<sup>th</sup> – October 10<sup>th</sup>

Verification Form due by October 14<sup>th</sup>

2<sup>nd</sup> Nine Weeks October 11<sup>th</sup> – December 31<sup>st</sup>

Verification Form due by January 6<sup>th</sup>

3<sup>rd</sup> Nine Weeks January 1<sup>st</sup> – March 13<sup>th</sup>

Verification Form due by 17<sup>th</sup>

4<sup>th</sup> Nine Weeks March 14<sup>th</sup> – May 15<sup>th</sup>

Verification Form due May 20<sup>th</sup>

Use the following report card and forms as a guide to keep up with your points.

At the end of each 9 weeks a google form will used to submit total points and drawing entries.

# 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	
<b>Blood pressure checks (2 max per 9 Weeks)</b>			
Blood Pressure Check 1		<b>3</b>	
Blood Pressure Check 2		<b>3</b>	
<b>Engage in physical activity/exercise 30 minutes or more (1 point per day)</b>			
Keep a log		1pt/day	

### Wampus Cat Staff Wellness Dates and Deadlines

1<sup>st</sup> Nine Weeks August 19<sup>th</sup> – October 10<sup>th</sup>

Verification Form due by October 14<sup>th</sup>

2<sup>nd</sup> Nine Weeks October 11<sup>th</sup> – December 31<sup>st</sup>

Verification Form due by January 6<sup>th</sup>

3<sup>rd</sup> Nine Weeks January 1<sup>st</sup> – March 13<sup>th</sup>

Verification Form due by 17<sup>th</sup>

4<sup>th</sup> Nine Weeks March 14<sup>th</sup> – May 15<sup>th</sup>

Verification Form due May 20<sup>th</sup>

# workout tracker

---

In the workout tracker you'll record:

## **Activity**

**Calories Burned** - there are many websites that can help you with an estimated calories burned. Remember to be active for at least 30 minutes in order for it to count towards your report card.

**Type of Activity**- check the appropriate category.

**Duration** - be active for at least 30 minutes to get the most out of your workout

Use the following pages to get you on the right track in recording your workouts!

# weekly workout

S	ACTIVITY	CALORIES BURNED	
		CARDIO <input type="checkbox"/> STRENGTH <input type="checkbox"/>	DURATION
M	ACTIVITY	CALORIES BURNED	
		CARDIO <input type="checkbox"/> STRENGTH <input type="checkbox"/>	DURATION
T	ACTIVITY	CALORIES BURNED	
		CARDIO <input type="checkbox"/> STRENGTH <input type="checkbox"/>	DURATION
W	ACTIVITY	CALORIES BURNED	
		CARDIO <input type="checkbox"/> STRENGTH <input type="checkbox"/>	DURATION
R	ACTIVITY	CALORIES BURNED	
		CARDIO <input type="checkbox"/> STRENGTH <input type="checkbox"/>	DURATION
F	ACTIVITY	CALORIES BURNED	
		CARDIO <input type="checkbox"/> STRENGTH <input type="checkbox"/>	DURATION
S	ACTIVITY	CALORIES BURNED	
		CARDIO <input type="checkbox"/> STRENGTH <input type="checkbox"/>	DURATION

# daily food log

In the Food Log you'll record:

**Day/Date/Week number**

**Time**--when you eat each meal and snack, not how long it takes **What you eat**, portions of food, calories, nutritional information, and anything else you want to keep track of--like Weight Watchers member points, or sugar content if you're diabetic and watching insulin.

**Calories** consumed each day (add up your daily totals)

**Daily servings** of water, fruits and vegetables.

Use the following pages to get you on the right track in tracking your daily intake!

# daily food log

DATE: \_\_\_\_\_  
WEEKNUMBER: \_\_\_\_

		<input type="checkbox"/> HOMEMADE <input type="checkbox"/> PACKAGE <input type="checkbox"/> DRIVE-THRU	TIME:	CALORIES		
				CARBS	PROTEIN	
				FAT	SUGAR	
<b>SNACK</b>		<input type="checkbox"/> HOMEMADE <input type="checkbox"/> PACKAGE <input type="checkbox"/> DRIVE-THRU	TIME:	CALORIES		
				CARBS	PROTEIN	
				FAT	SUGAR	
<b>LUNCH</b>		<input type="checkbox"/> HOMEMADE <input type="checkbox"/> PACKAGE <input type="checkbox"/> DRIVE-THRU	TIME:	CALORIES		
				CARBS	PROTEIN	
				FAT	SUGAR	
<b>SNACK</b>		<input type="checkbox"/> HOMEMADE <input type="checkbox"/> PACKAGE <input type="checkbox"/> DRIVE-THRU	TIME:	CALORIES		
				CARBS	PROTEIN	
				FAT	SUGAR	
<b>DINNER</b>		<input type="checkbox"/> HOMEMADE <input type="checkbox"/> PACKAGE <input type="checkbox"/> DRIVE-THRU	TIME:	CALORIES		
				CARBS	PROTEIN	
				FAT	SUGAR	
WATER INTAKE	VITAMINS	TOTALS				
		CALORIES	CARBS	PROTEIN	FAT	SUGAR
NOTES						