



WAMPUS CAT

— *Wellness* —

Conway Public Schools Staff Wellness Program

sponsored by



CONWAY REGIONAL
HEALTH SYSTEM

report card

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)			
Blood Pressure Check 1		3	
Blood Pressure Check 2		3	
Engage in physical activity/exercise 30 minutes or more (1 point per day)			
August		1pt/day	
September		1pt/day	
October		1pt/day	

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 **winner**s 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 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

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
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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: _____

WEEK NUMBER: ____

BREAKFAST

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- HOMEMADE
- PACKAGE
- DRIVE-THRU

TIME:

CALORIES

CARBS

PROTEIN

FAT

SUGAR

SNACK

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- HOMEMADE
- PACKAGE
- DRIVE-THRU

TIME:

CALORIES

CARBS

PROTEIN

FAT

SUGAR

LUNCH

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- HOMEMADE
- PACKAGE
- DRIVE-THRU

TIME:

CALORIES

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- HOMEMADE
- PACKAGE
- DRIVE-THRU

TIME:

CALORIES

CARBS

PROTEIN

FAT

SUGAR

DINNER

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- HOMEMADE
- PACKAGE
- DRIVE-THRU

TIME:

CALORIES

CARBS

PROTEIN

FAT

SUGAR

WATER INTAKE

VITAMINS

TOTALS



CALORIES	CARBS	PROTEIN	FAT	SUGAR

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