i choices
Wellness is a Lifestyle

Wellness Tracking Log

Date	Tobacco Free	5-9 F&V per day	Physical Activity 10 min=10 pts	Walking Club	Face to Face Health Coaching	Lunch & Learn	iChoices Program	Total
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								0
								0

Name:

Bureau/Division:

Phone:

Total Miles	
0	

Annual Points Available: Quit Now (150 after 3 months smoke free)	0
Lifestyle Assessment Questionnaire (100)	
Health Screening (50)	
Flu Shot (75) **Bonus Points:** Reach/Maintain a healthy weight this month (100) :BMI 19-24.9	
Weight Loss this month in lbs. (_____ x 10 pts)	
TOTAL	0

Beginning Weight	Ending Weight