

Wellness Teams Scorecard

Earn Wellness Dollars for your school or site

YOUR SCHOOL

EVERETT SCHOOL EMPLOYEE BENEFIT TRUST

employee wellness program

it begins with you

		Amount Earned	Amount Spent	Difference
		\$0.00	\$0.00	\$0.00
School or Site:	Team Captain:	\$500 Max		
Name	Description	Incentive Value	Units Earned	Total
Physical Activity				
Walktober	35% participation at your school	\$100.00	0	\$0.00
Winter Fitness Challenge	30% participation at your school	\$100.00	0	\$0.00
Spring Fitness Challenge	30% participation at your school	\$100.00	0	\$0.00
Create a Walking/Running Club	1 unit for starting (and maintaining) a walking/running club at your school/site.	\$25.00	0	\$0.00
Host-A-Fitness Class Series	Host a Fitness Class series 1 unit for each 5 week session completed.	\$25.00	0	\$0.00
				\$0.00
Total Physical Activity				\$0.00
Nutrition				
Start a Healthy Snack Club	1 unit for starting (and maintaining) a healthy snack club at your school/site.	\$25.00	0	\$0.00
Host a Healthy Pot Luck	Host a healthy pot luck and earn 1 unit for each pot luck offered.	\$15.00	0	\$0.00
Host a Healthy Cooking Class	1 unit for hosting a healthy cooking class with at least 10 participants in	\$25.00	0	\$0.00
Host a Nutrition Class	1 unit for hosting a healthy nutrition class with at least 10 participants in attendance.	\$25.00	0	\$0.00
Work with your PTA to provide Healthy Options.	1 unit if PTA offers at least 1 healthy option when providing treats/goodies/rewards to staff throughout the year.	\$25.00	0	\$0.00
EAT SMART Challenge	30% participation at your school	\$100.00	0	\$0.00
Total Nutrition				\$0.00
Stress Less				
Host a Stress Mgmt Class	1 unit for hosting a stress management class with at least 10 participants in attendance.	\$150.00	0	\$0.00
				\$0.00
				\$0.00
				\$0.00
Total Stress Less				\$0.00
Weight Management				
Maintain Don't Gain Challenge (offered for the holiday season)	15% participation at your school	\$75.00	0	\$0.00

Provide Healthy Low Calorie options at Celebrations	1 unit for every celebration a healthy option is offered.	\$10.00	0	\$0.00
Provide Healthy Low Calorie options at Staff Meetings	1 unit for every celebration a healthy option is offered.	\$20.00	0	\$0.00
				\$0.00
Total Weight Management				\$0.00
Health Promotion				
The Wellness Challenge	30% participation at your school. 1 unit for every 6 month program period that maintains 30% participation	\$100.00	0	\$0.00
Health Fair	Have your own health fair at your school 1 unit	\$100.00	0	\$0.00
				\$0.00
				\$0.00
Total Health Promotion				\$0.00
Team Effort				
Maintain a Wellness Bulletin Board all school year	Go to Wellness Team "Resources" tab on website for ideas	\$100.00	0	\$0.00
Survey your colleagues	Send the employee interest survey out to your colleagues to see what wellness activities they want. 1 unit.	\$50.00	0	\$0.00
Develop an Action Plan	Develop an action plan from your survey to establish SMART goals for your wellness efforts this year at your school. 1 unit.	\$100.00	0	\$0.00
Team Meetings	Meet to Plan Wellness Activities 1 unit per mtg	\$25.00	0	\$0.00
Meet with district wellness coordinator	1 unit for each meeting to help you strategize, set goals or get support for your wellness team efforts at your school.	\$25.00	0	\$0.00
Leadership Engagement	Meet with your school principal to strategize about how you can incorporate wellness activities at your school or site.	\$25.00	0	\$0.00
Leadership Engagement	Principal actively participates in at least 2 challenges/campaigns i.e. Walktober	\$100.00	0	\$0.00
Wellness Broadcasts	Wellness Team announces wellness opportunities at staff meetings 1 unit for every meeting	\$10.00	0	\$0.00
Total Team Effort				\$0.00
Wellness Spending	Description	Leave Blank	Leave Blank	Cost
Item				\$0.00
Item				\$0.00
Item				\$0.00
Total Wellness Spending				\$0.00