

Whitefish Weekly Wellness Challenge



COMPLETE 13 OF THE WEEKS
then submit the tracking form to
qualify for your incentive

Live a Healthy Lifestyle

Complete the tracking form below from February to May by selecting one activity in each of the categories below: Activity, Nutrition, Life and Heart areas. You will then submit the tracking form to qualify for your incentive.

Levels for labs:
Cholesterol <200
Blood Pressure <120/80

Easy as...

ACTIVITY

NUTRITION

LIFE

HEART

**Please see reverse for more information and helpful resources*

Organized activity program
OR
Exercise at least 3x/week for 150 + total minutes/week

5 fruits/vegetables 5 days/week
OR
Participate in diet/nutrition program

Improving Skills for Coping/Stress
OR
Improve or maintain good sleep habits

Healthy Cholesterol & Blood Pressure
OR
Taking steps to manage Chol. or BP

	Organized activity program OR Exercise at least 3x/week for 150 + total minutes/week	5 fruits/vegetables 5 days/week OR Participate in diet/nutrition program	Improving Skills for Coping/Stress OR Improve or maintain good sleep habits	Healthy Cholesterol & Blood Pressure OR Taking steps to manage Chol. or BP
February 1 - 6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
February 7-13	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
February 14-20	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
February 21-27	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feb 28-Mar 6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
March 7-13	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
March 14-20	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
March 21-27	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
March 28-April 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
April 4-10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
April 11-17	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
April 18-24	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
April 25-May 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
May 2-8 - Make-up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Submit Tracking Form by May 14th to qualify!!!

OPTIONS:

Mail to: Paradigm Group/Healthy AIM

1156 16th Street West #18
Billings, MT 59102

Fax: 406-256-9466

Give to your wellness advocate to mail

Name _____

Email: _____

Birthdate _____ Phone _____

If you have questions, please contact your wellness advocate:

Muldown - Gail Leonard x242, Middle School - Gayle Graf x371, High School - Todd Spangler x412

Retirees - John Morris 863-2377 or Klaus Heinrich 862-4356

Visit us on the web at www.healthyaim.net/wfsd.htm

Healthy AIM is a risk management solution.

