



2011 Employee Rewards Program - Tracking Sheet



Print and use to track your completion dates. Enter completion dates at the Mayo website before 12/31/11 to receive points in the Rewards Program.



Denotes items with the highest total point value

www.explorationwellness.com

Mayo Clinic Activities: *points are entered automatically while you participate.*

25

Tracked EmbodyHealth Activities	Date Completed	Point Value
Health Monitor Enrollment		2
Health Risk Assessment Completion		25
Healthy Pregnancy Engagement		2
My Fitness Solution Engagement		1
My Fitness Solution Participation		5
My Smoke-Free Future Engagement		1
My Smoke-Free Future Participation		5

Tracked EmbodyHealth Activities	Date Completed	Point Value
My Stress Solution Engagement		1
My Stress Solution Participation		5
My Weight Solution Participation		5
Walk to Wellness Completion		5
Walk to Wellness Enrollment		1

JSC Sponsored Activities: *you must enter the date you completed the activity at the Mayo*

Self-Reported Activities	Date Completed	Point Value
5-9 A Day	<input type="text"/> <input type="button" value="Did it"/>	5
AandE Behavior Change (3 pts max)	<input type="text"/> <input type="button" value="Did it"/>	1
AandE Fitness (3 points max)	<input type="text"/> <input type="button" value="Did it"/>	1
AandE Nutrition (3 points max)	<input type="text"/> <input type="button" value="Did it"/>	1
AandE Special Topics (3 points max)	<input type="text"/> <input type="button" value="Did it"/>	1
AandE Stress Management (3 pts max)	<input type="text"/> <input type="button" value="Did it"/>	1
AandE Wellness (3 points max)	<input type="text"/> <input type="button" value="Did it"/>	1
Clinic Event (Immunizations, cholesterol or glucose screen, other medical checkups)	<input type="text"/> <input type="button" value="Did it"/>	5
Consultation Behavior Change	<input type="text"/> <input type="button" value="Did it"/>	5
Consultation Fitness	<input type="text"/> <input type="button" value="Did it"/>	5
Consultation Nutrition	<input type="text"/> <input type="button" value="Did it"/>	5
Consultation Stress Management/EAP	<input type="text"/> <input type="button" value="Did it"/>	5
Consultation Wellness	<input type="text"/> <input type="button" value="Did it"/>	5

60

24

10

Self-Reported Activities	Date Completed	Point Value
Exercise anywhere for 30min or more at least 12 times per month (60 points max)	<input type="text"/> <input type="button" value="Did it"/>	5
Exercise at the Gilruth Center at least 6 times per month (24 points max)	<input type="text"/> <input type="button" value="Did it"/>	2
H2O: Don't Wait – Hydrate!	<input type="text"/> <input type="button" value="Did it"/>	5
Healthy Holidays	<input type="text"/> <input type="button" value="Did it"/>	5
Preventative Exam (physical, mammogram, well person, colonoscopy)	<input type="text"/> <input type="button" value="Did it"/>	5
Satern Training (wellness related)	<input type="text"/> <input type="button" value="Did it"/>	1
Self Assigned Event (S&H Day etc.)	<input type="text"/> <input type="button" value="Did it"/>	2
Wellness Assigned Event 1	<input type="text"/> <input type="button" value="Did it"/>	2
Wellness Assigned Event 2 and 3	<input type="text"/> <input type="button" value="Did it"/>	5
Wellness Assigned Event 4	<input type="text"/> <input type="button" value="Did it"/>	10
Wellness Program Feedback Survey	<input type="text"/> <input type="button" value="Did it"/>	10