

HOOAH4HEALTH.COM & ARNGRC Wellness Program Scorecard

Instructions: Point totals are maintained in the scorecard for your own benefit. Record activity points by **Wellness Category**. Maintain point totals on a cumulative basis. Set a start date and an end date. Keeping track of your progress on a month-by-month basis is a good way to do this. When you reach a certain number of points representing the goals you set, then give yourself a reward. Buy a new jogging outfit or training shoes. Go see a movie - money saved by cutting back on cigarettes can be used to buy the tickets. Take a day off from exercise *and* housework! How you reward yourself is up to you. Just keep it healthy and be honest with yourself about your results.

EXAMPLE: For the last year, Jane has exercised (stair master and Nautilus) three days a week; she practices meditation/yoga twice a week and attends weekly religious services; she doesn't smoke; she is not overweight; she drives defensively, always wears a seat belt and her home has smoke and carbon monoxide detectors. Jane began her fitness program on 21 September. Jane's cumulative point total for the month of September is:

<u>Date</u>	<u>Fitness</u>	<u>Stress Mgmt</u>	<u>Lifestyle</u>	<u>Nutrition/Wt</u>	<u>Safety</u>	<u>Pt Total</u>
9/21	2				1	3
9/22		1				4
9/23	2				1	7
9/24		1				8
9/25	2				1	11
9/27		1				12
9/28	2				1	15
9/29		1				16
9/30	2		5*	5**	11***	39

*5 pts for 1 month not smoking

**5 pts for maintaining weight at recommended level for 1 month

***10 of 11 pts for wearing seat belt (5 pts/mo), smoke & carbon monoxide detectors (2 pts/mo) and obeying road signs (3 pts/mo)

Sponsored by the U.S. Office of the Surgeon General, the U.S. Army Center for Health Promotion and Preventive Medicine, the Army Reserve National Guard, and the Army Reserve.

