

### Corporate Wellness Program Affidavit Form

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Use this form to report completion of any of the activities listed below. You must use a separate form for each activity, and you must clearly indicate the date and your first and last name on this form. Check the box to the left of the activity you have completed, along with additional information if necessary.

**2016: Freeze Challenge**

Attach a copy of the challenge form.

**Financial Wellness Activity**

List the Activity Here: \_\_\_\_\_

Date: \_\_\_\_\_

**Emotional/Social Activity**

List the Activity Here: \_\_\_\_\_

Date: \_\_\_\_\_

**Physical Activity**

List the Activity Here: \_\_\_\_\_

Date: \_\_\_\_\_

**Weight Management (or other similar group nutritional program)**

Must include documentation indicating a minimum of 4 visits in a 30-day period.

**Other** (*must be preapproved by the Wellness Committee or HR*)

Activity: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_

After completing this form, please submit it to the person your location has designated as the coordinator. Please submit a form for each activity for which you are requesting points.

**Examples of Eligible Wellness Activities**

<p><b>Financial Wellness Examples</b></p> <ul style="list-style-type: none"> <li>• Attend a money management seminar / program</li> <li>• Meet with a financial planner</li> <li>• Complete your Living Will</li> <li>• Open a savings account (or save once a month)</li> <li>• Check your credit report annually at <a href="http://www.annualcreditreport.com">www.annualcreditreport.com</a></li> <li>• Join a credit protection service</li> </ul>	<p><b>Emotional/Social Wellness Examples</b></p> <ul style="list-style-type: none"> <li>• Complete 4 hours of community service</li> <li>• Attend a stress management seminar / program</li> <li>• Sleep at least 7 hours a night</li> <li>• Have 1 hour of meditation or reflection time a week</li> <li>• Participate in a support / interest group</li> <li>• Organize your home and donate unneeded items to a church or charity</li> <li>• Community events</li> <li>• Committee events</li> </ul>
<p><b>Physical Wellness Examples</b></p> <ul style="list-style-type: none"> <li>• Fitness center membership</li> <li>• Participate in a community walk / run</li> <li>• Complete 30 minutes total of daily physical activity 12 times a month</li> <li>• Get a dental check-up</li> <li>• Have your annual physical</li> <li>• Receive your immunizations like a flu shot</li> <li>• Participate in the smoking cessation program</li> </ul>	<p><b>Weight Management Examples</b></p> <ul style="list-style-type: none"> <li>• Participate in Weight Watchers</li> <li>• Eat 5-6 fruits / vegetables a day</li> <li>• Bring a healthy lunch to work</li> <li>• Drink 8 glasses of water a day</li> <li>• Limit yourself to 1 canned drink a day</li> <li>• Utilize a daily food log practicing good portion control</li> <li>• Find 3 nutritional alternatives in your home (e.g., switch from stick butter to smart balance spread; switch from potato chips to low fat pita chips)</li> </ul>