**Wellness Activity Planner**

Department\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Quarter \_\_\_\_\_\_\_\_\_\_ FY \_\_\_\_\_\_\_\_\_\_

**Goals**

**Gold**: Complete one COMMUNICATE, one ENGAGE and one INSPIRE CHANGE activity in each of the focus areas (WC, PA, HE, WB)

**Silver**: Complete one COMMUNICATE, one ENGAGE and one INSPIRE CHANGE activity in any three of the focus areas (WC, PA, HE, WB)

**Bronze**: Complete one COMMUNICATE, one ENGAGE and one INSPIRE CHANGE activity in any two focus areas (WC, PA, HE, WB)

|  |  |  |  |
| --- | --- | --- | --- |
| **Focus Area** | **Communicate** | **Engage** | **Inspire Change** |
| **Wellness Council** | **Activity:**  **Details:** | **Activity:**  **Details:** | **Activity:**  **Details:** |
| **Physical Activity** | **Activity:**  **Details:** | **Activity:**  **Details:** | **Activity:**  **Details:** |
| **Healthy Eating** | **Activity:**  **Details:** | **Activity:**  **Details:** | **Activity:**  **Details:** |
| **Well-being Activities** | **Activity:**  **Details:** | **Activity:**  **Details:** | **Activity:**  **Details:** |