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**2023 LFCHD Employee Wellness Program Checklist**

* The dates for the program are **January 1, 2023**, to **December 31, 2023**. Documentation for all program activities is due by **January 15, 2024**.

**LFCHD Worksite Wellness Program Activities**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ACTIVITY/MONTH** | JAN | FEB | MAR | APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
| BIOMETRICS |  |  |  |  |  |  |  |  |  |  |  |  |
| GYM MEMBERSHIP |  |  |  |  |  |  |  |  |  |  |  |  |
| EXERCISE LOG |  |  |  |  |  |  |  |  |  |  |  |  |
| FITNESS EVENT |  |  |  |  |  |  |  |  |  |  |  |  |
| SPORT LEAGUE |  |  |  |  |  |  |  |  |  |  |  |  |
| SPRING WALK |  |  |  |  |  |  |  |  |  |  |  |  |
| FALL WALK |  |  |  |  |  |  |  |  |  |  |  |  |
| CLASS/PROGRAMS/  GROUPS |  |  |  |  |  |  |  |  |  |  |  |  |
| RECHARGE |  |  |  |  |  |  |  |  |  |  |  |  |
| MAINTAIN NOT GAIN |  |  |  |  |  |  |  |  |  |  |  |  |
| WT CHALLENGE/BE FIT |  |  |  |  |  |  |  |  |  |  |  |  |
| GARDEN PROG |  |  |  |  |  |  |  |  |  |  |  |  |
| WATER CHALLENGE |  |  |  |  |  |  |  |  |  |  |  |  |
| LFCHD EVENTS |  |  |  |  |  |  |  |  |  |  |  |  |
| PREVENTATIVE CARE/EXAMS |  |  |  |  |  |  |  |  |  |  |  |  |
| VOCATIONAL |  |  |  |  |  |  |  |  |  |  |  |  |
| STAIR CHALLENGE |  |  |  |  |  |  |  |  |  |  |  |  |
| MISCELLANEOUS |  |  |  |  |  |  |  |  |  |  |  |  |

**TOTAL ALLOWED REEDEMABLE POINTS PER YEAR = 1,000**