

Welcome back, Zach

Kick off the new year by starting a resolution to improve your health. Use your journal tool to log your foods and exercises.



Live well. Earn points. Get rewards.



REFRESH POINTS

My Programs | Your programs have been customized based on your health interests. Change or add programs [here](#).



Weight Loss

[See full plan »](#)[Dashboard](#) | [Update Food and Fitness Journal »](#)

985

Calories remaining

415

Consumed

0

Burned

To-Do's

**Count On It** - Log your food and fitness to earn points! [Learn More](#)**Try It** - Substitute water for sugary drinks. Sometimes you think your hungry when you're actually thirsty.

Done

**Read It** - Read this article. [Healthy meals on hectic days](#)

Done

**Do It** - Follow your customized meal plan. [Take me to my Meal Planner](#)

Done

Inside the Plan



Healthy meals on hectic days



10 tips for dining out



7 sources of dietary energy



Remove healthy eating roadblocks

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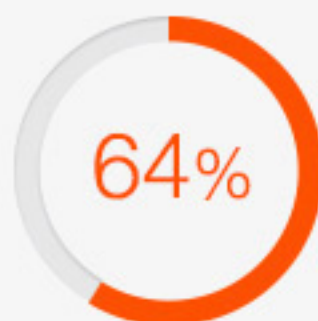
Count On It

[Learn More »](#)

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REFRESH POINTS



Health Assessment

Please take some time to finish your health assessment — the first step toward a healthier you.

[Finish my health assessment »](#)



1,000 points

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REFRESH POINTS


How to play

Earn points wherever you see the trophy icon! Complete simple tasks and healthy activities.
[See all activities »](#)

2 ways to win

Get rewarded by hitting your points goal OR often just by participating!
[See prizes »](#)

Refresh points

To see how many points you've earned, click the blue  to refresh your total.
[See example »](#)

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Special announcement: July 1 is the last day to sign up for the Step It Up! Challenge. E-mail HR today.



Count On It

Live well. Earn points. Get rewards.

4280

0

2,000

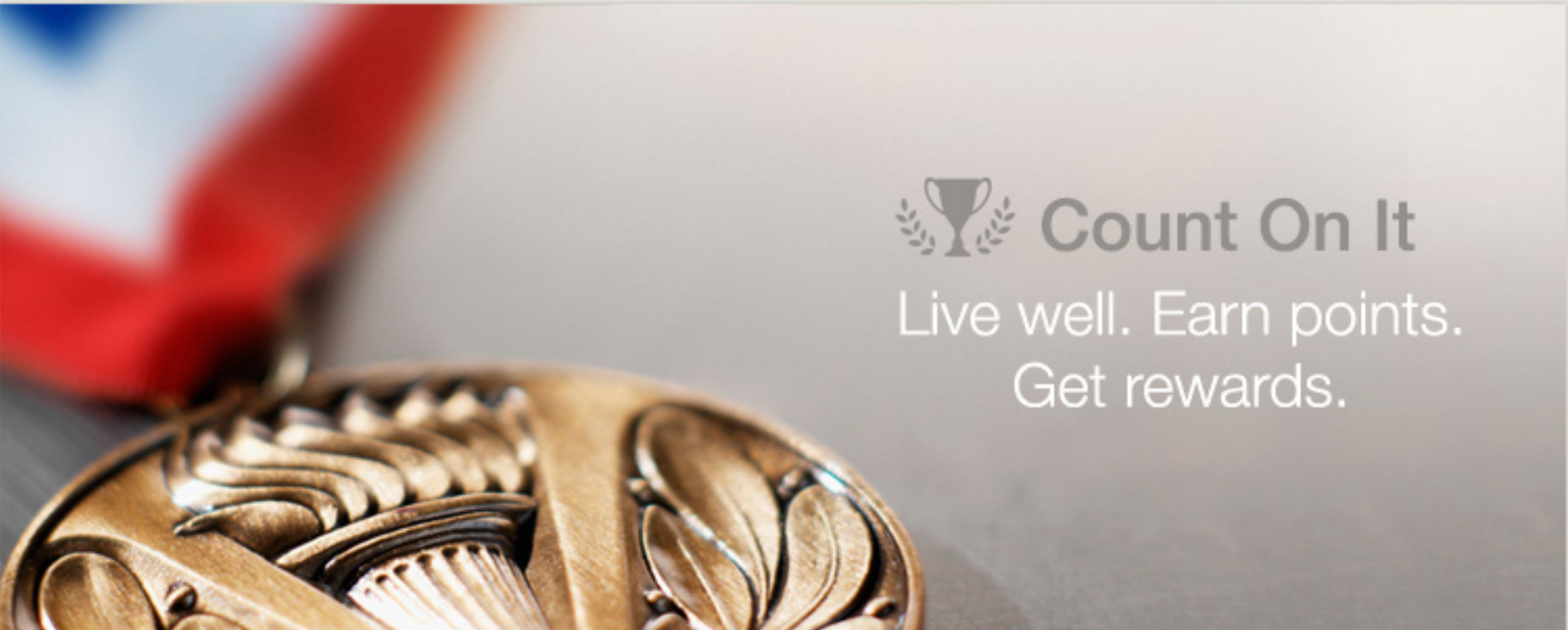
5,000

10,000



REFRESH POINTS

Rewards » How it Works



Count On It

Live well. Earn points.
Get rewards.

Earn points and win prizes! It's that easy.

How to play

Earn points wherever you see the trophy icon! Complete simple tasks and healthy activities.

2 ways to win

Get rewarded by hitting your points goal OR often just by participating!

Refresh points

To see how many points you've earned, click the blue to refresh your total.

Rack up points with these activities!

activity type:

ALL

ONLINE ACTIVITIES

OFFLINE ACTIVITIES



Complete your health assessment

Finishing your health assessment is an important step toward better health. Learn about what you're doing well and areas where you can improve.

Go »



1,000 points



Keep a food journal

Record everything you eat at each meal — and in between. Then you can identify patterns in your eating. Try keeping a food log for 6 weeks. It will also lead to more “mindful” eating.

Go »



25 points/day



Get your dental exam

Regular dental exams are an important part of preventive health care. They help protect your oral health and general well-being. Schedule dental exams every six months or according to your dentist's or hygienist's advice.

Go »



250 points

Done

☐

Get your annual physical

Visit your health care provider regularly, even if you're healthy. Regular check-ups allow you to maintain a relationship with your health care provider, assess your health risks and get individualized health guidance.

Go »



250 points

Done

☐

► Show more

Earn points and win big



2,000 POINT GOAL

Earned!

\$200 HSA credit

Clear the 2,000 points threshold and get \$200 deposited directly into your Health Savings Account.

Offer expires November 2, 2013



5,000 POINT GOAL

Chance to win a free gym membership

Earn 5,000 points and you'll be entered to win a free year long membership to the gym! A \$900 value!

Offer expires November 2, 2013



10,000 POINT GOAL

Bonus vacation day

Hit your 10,000 point goal and earn a bonus vacation day!

Offer expires November 2, 2013

Recent points earned

9/21/2013



25 points

9/20/2013



500 points

9/19/2013



500 points

9/19/2013



500 points

► Show more

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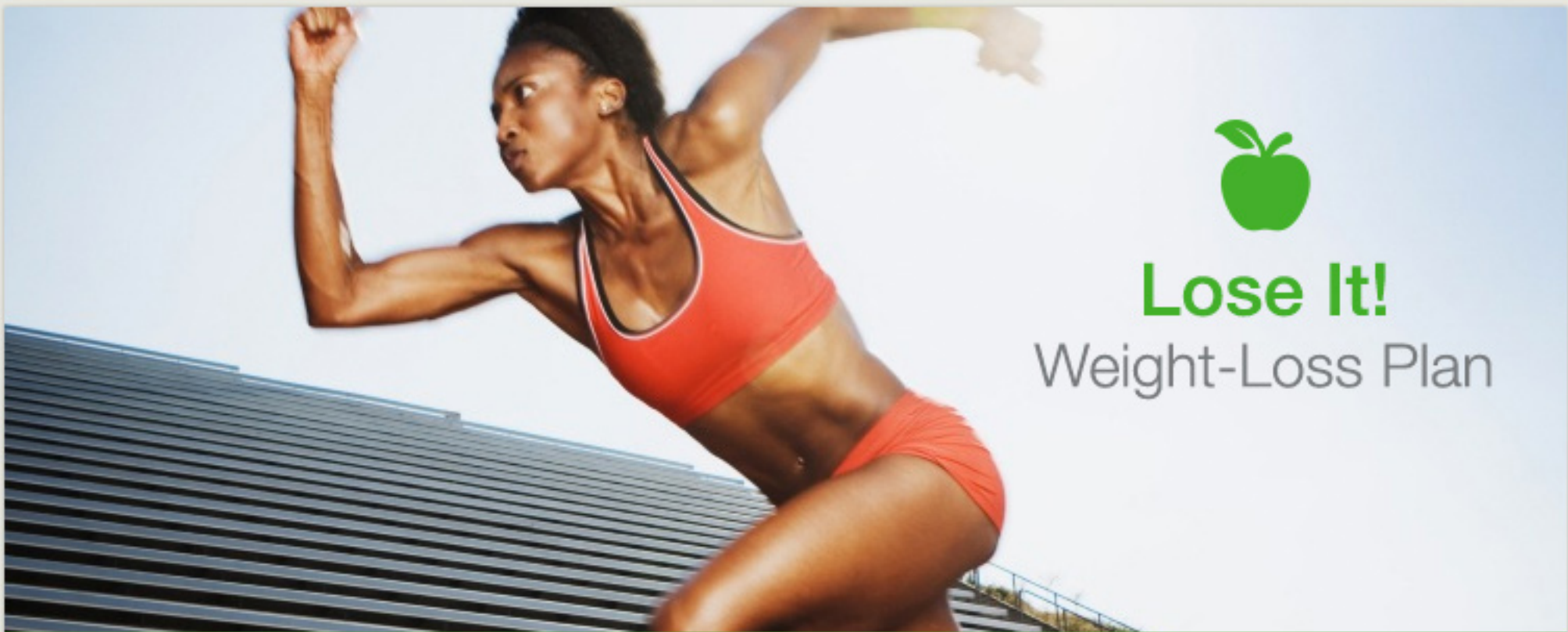
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REFRESH POINTS

Programs » Eat Well Weight Loss

● ENROLLED



Weight-Loss Tools



Journal



Fitness Planner



Weight Tracker



Are you ready for weight loss?

Take this quiz to determine if you are ready to start your weight loss journey.



Eating strategies for weight loss

Instead of telling yourself, "No more ice cream at night" or "I'm going to stop eating out of the candy dish at work," consider trying these healthy-eating strategies.



What is food energy density

How full you feel is determined by the volume and weight of food — not by the number of calories you consume.

AMCE Anvil Corporation
Announcements

Challenge yourself to better health! Join our Spring Challenge.

Sign up now for spring activities: softball, soccer, and more!

Download our Wellness app today! Get healthy meal plans, exercise routines, trackers, and healthy living tips.

[See all announcements »](#)



Count On It

Complete your health assessment

Go »



1,000 points

Keep a food journal

Go »



25 points/day

Keep an activity journal

Go »



25 points/day

Record your weight

Go »



100 points/week

Come back often

Go »



5 points/day



Count On It

Learn More »

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REFRESH POINTS

Home » My Tools » Food and Fitness Journal

Food and Fitness Journal

< Wednesday, Apr 24 >



1,827

Calories Remaining

Calories: 328	Target: 2155
Fat: 8g	Target: 96g
Sat. Fat: 1g	Target: 24g
Cholesterol: 32mg	Target: 300mg

Change Your Calorie Range

328

Consumed

0

Burned







50 points/day

Hardcoded text will go here depending on tool

Sodium: 679mg	Target: 2300mg
Carbs: 24g	Target: 162g
Fiber: 4g	Target: 30g
Protein: 70g	Target: 162g

Hide All Nutrition Details

Breakfast				Fat	Sat Fat	Chol	Sod	Crb	Fib	Pro	Calories
Tomato and Leek Frittata  											
1 servings	Edit	Copy	Delete	3	0	8	130	9	0	40	123
Add +	Quick Log +										
Lunch											
Homestyle Turkey Meatloaf with Mushrooms and White Beans  											
1 servings	Edit	Copy	Delete	5	1	24	549	15	4	30	205
Add +	Quick Log +										
Snack											
Add +	Quick Log +										
Dinner											
Add +	Quick Log +										
Exercise											
Add +	Quick Log +										

My Trackers

Water

Vitamins

-

4

+

Daily Recap

Success comes from each small step.
List one accomplishment and one goal everyday.



Save

Eating Guidelines

Use these Mayo Clinic food and serving recommendations to help you eat balanced, healthy diet every day.



Vegetables – 4 or more servings



Fruits – 3 or more servings



Carbohydrates – 4 servings



Protein/Dairy – 3 servings



Fats – 3 servings



Sweets – Up to 75 calories

Welcome back, Zach

Kick off the new year with your journal tool to



Congratulations! You earned it!



Great work! You unlocked a \$200 credit to your Health Savings Account. Please allow up to four weeks for the credit to be deposited. And don't stop now. More rewards are available at the 5,000 points level!

[Back to the site »](#)

Weight

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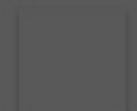
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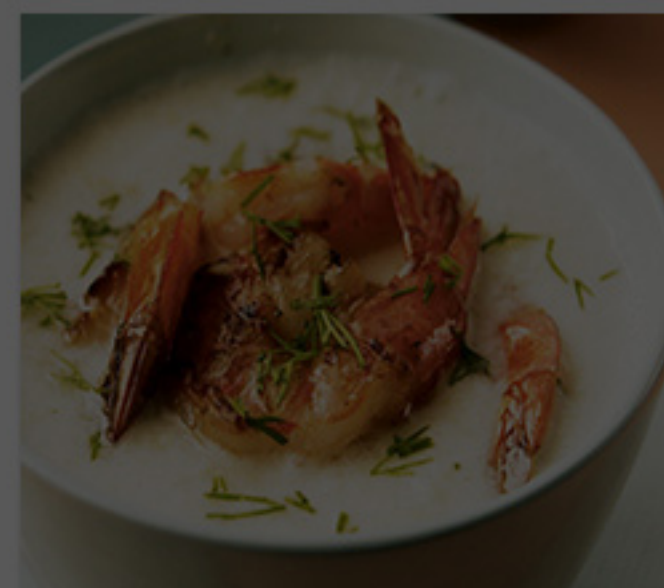
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