



Strong4Life 2012 Incentive Plan

Participants will automatically receive points for logging the following:

<i>Description</i>	<i>Points</i>
• Log weight	10 pts. weekly
• Sleep at least 7 hours/night	5 pts. daily
• Log 30 minutes of cardio	2 pts. daily
• Log strength training exercises	2 pts. daily
• Log stretching exercises	2 pts. daily
• Log food	2 pts. daily
• Log water	2 pts. daily
• Walk 5,000-9,999 steps	5 pts. daily
• Walk 10,000 or more steps	10 pts. daily

The following activities need to be logged by the individual to receive points:

• Attending on-site fitness class/training sessions (must sign in)	5 pts. daily
• Attend a personal gym	5 pts. daily
• Participate in a community sporting event (walk/run, triathlon, cycling)	15 pts. each
• Participating in a Children's sponsored race/event	20 pts. each
• Wellness Fair, HRA, Flu Shot	30 pts. each

To receive points for the above, **you must**:

- Go to "Health Tools," click "Healthy Habits"
- Check the box for the activity you participated in
- Insert the date and name of the fitness class or training session you attended, click "update"
- **Check your points weekly. If they look incorrect, e-mail strong4life@choa.org**

