



2024 Wellness Activities Checklist

Get your WELLNESS on! Throughout the year, complete as many activities as you can from the checklist below. Check off the box for each activity completed. Add your initials and the date completed next to each activity. Complete at least 6 activities throughout the year, and you will be eligible to claim a prize at the end of the year.

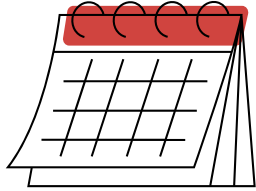
Checklists are **due Wednesday, November 27th, 2024 by 4:30pm**. Send your checklist to Hannah Olsen via email (hannah.olsen@co.monroe.wi.us), or drop it off in-person to the HR Department.

- Visit your healthcare provider for an annual wellness exam.
- Visit your dentist for a checkup and cleaning.
- Visit your eye doctor for an annual exam.
- Know Your Numbers: Complete a biometrics screening (*including height, weight, blood pressure and cholesterol, triglycerides, and glucose blood test*) through Monroe County HRA, Neighborhood Family Clinic, or your healthcare provider.
- Attend 5 fitness classes (in-person or virtual).
- Exercise 30 minutes daily for 30 days.
- Track your steps for 30 days: Aim for 10,000 steps daily.
- Track your sleep for 30 days: Aim for at least 7 hours/night. Reflect on how you feel.
- Be alcohol free for 30 days. (If you are not an alcohol drinker, check the box). Reflect on how you feel.
- Be tobacco free for 30 days. (If you are not a tobacco user, check the box). Reflect on how you feel.
- Give up non-work social media for 30 days. (If you are not a social media user, check the box). Reflect on how you feel.
- Eliminate 1 hour of screen time (phone, tv, or computer) every day for 2 weeks. Reflect on how you feel.
- Attend a virtual "Learning Table" session in Jan-March.
- Attend a virtual "Learning Table" session in April-June.
- Attend a virtual "Learning Table" session in July-Sept.
- Attend a virtual "Learning Table" session in Oct-Dec.
- Complete 10 self-care activities.
- Practice Gratitude: Write down 3 things you are grateful for every day for 2 weeks.
- Meet with a financial or retirement advisor.
- Track your spending for one month.
- Meet with a friend for a meal or activity.
- Visit a local or state park.
- Take your 15-minute breaks every work day for 2 weeks.
- Brain Challenge: Complete a crossword or sudoku.
- Read 5 books (paper copy or audio).
- Make 5 new recipes.
- Eat a fruit or vegetable every day for 2 weeks.
- Bring your lunch to work every work day for 2 weeks.
- Drink 64 ounces of water every day for 2 weeks.
- Declutter your workspace.
- Donate food, clothes, and/or household items.
- Do a Random Act of Kindness for someone.
- Complete a task you have been avoiding.
- Use a reusable shopping bag 10 times.
- Volunteer for a local organization.

**Recordings of Learning Tables are available after each live presentation.*

<https://www.co.monroe.wi.us/departments/personnel/wellness>

Employee Name: _____
Employee Number: _____
Employee Department: _____



Turn in your Wellness Activities Checklist by November 27th, 2024 at 4:30pm.

Send your checklist to Hannah Olsen via email (hannah.olsen@co.monroe.wi.us), or drop it off in-person to the HR Department (124 N Court St., Sparta).

Prizes will be awarded based on the total number of activities you have completed on your checklist. Employees must complete a minimum of 6 activities to be eligible for prizes at the end of the year.

Participating employees will be notified to claim their prizes by December 31st.



Prize Level	Activities Completed
Participation	6
Bronze	7-13
Silver	14-20
Gold	21-27
Platinum	28-34
Jackpot	35

Join us for the 2024 Virtual Learning Table Presentations:

January 9th	July 9th
February 13th	August 13th
March 12th	September 10th
April 9th	October 8th
May 14th	November 12th
June 11th	December 10th

*All presentations are 8:15am-8:45am on the 2nd Tuesday of each month.

Join using the Zoom link below:

<https://bit.ly/3Hr1Ztn>

Meeting ID: 872 7191 0533

Passcode: 690755



Learning Table recordings and additional wellness program information and resources can be found at <https://www.co.monroe.wi.us/departments/human-resources/employee-wellness>