Wellness CARD

1. Check **14** of any combination of items at work or home for every 15 minutes of an activity you complete. The card is complete once 14 boxes are checked.
2. Add your Name and Date to the fields provided.
3. Save the PDF and email it to HRBenefits@greenstate.org.

NAME: | DATE: | TOTAL: **0**

PHYSICAL	Exercise	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Drink 16 oz water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Eat 1 serving each of fruit and vegetables	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
SOCIAL	Volunteer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Participate in a Community Event	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
SPIRITUAL	Meditate	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Journal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
INTELLECTUAL	Read books, magazines, articles, or anything that interests you	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Play brain-boosting games, such as brain teaser apps, board games, cards, puzzles, and chess	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐