

Spring into Wellness Rules

1. March 6-April 30
2. Teams of 4
3. Choose a captain and turn names into building wellness rep.
4. Team captains will receive forms for each team member every 2 weeks.
5. Team members will turn two week individual point totals in to captain on March 20, April 3, April 18, April 30.
6. Captains will give team members next activity form.
7. Team captains turn team point totals in to building reps on Tuesdays after collecting member points.
8. Prizes will be given sometime over the 8 week session.
9. Each team member should average around 100 points every two weeks.
10. Mark off each activity as it is done for each day.
11. Team members total their own points before turning forms into team Captain.
12. Earn extra points by completing "Prevention Points" found on the back of each form.
13. Those teams earning at least 1640 points will be entered into grand prize drawing.
14. Those individuals earning at least 410 points will be eligible for a separate individual prize drawing.
15. Captains keep team log forms and turn in at the end for individual team member points.

