

# Your Success Plan

START NOW  
ON THE  
STEPS TO



Commitment is a line  
you cross.....  
It's the difference  
between  
wishing and *doing!*

**NEVER QUIT  
GO OVER,  
GO UNDER,  
GO AROUND,  
GO BETWEEN  
BUT  
NEVER QUIT!**

Think well  Live well  Be well

	Points	Track Your Success	
		By June 30	By Dec. 31
<b>Required by December 31st:</b>			
Well LIFE Health Assessment (annually)	250	_____	_____
Review Health Assessment with Pete, Marcella or Brenda (annually)	250	_____	_____
Well Life Exercise Personalized Program (annually)	250	_____	_____
Well LIFE calendar to either Pete, Marcella, or Brenda (minimum 6 times per year required )	100 per month	_____	_____
Exercise (based on your personalized program) Goal: 20 minutes 3 times a week for 50 weeks 1 point per minute	3000 required/year	_____	_____
<b>Optional:</b>			
Well LIFE Annual Fitness Testing	250	_____	_____
Obtain an Annual Health Exam by your Doctor	250	_____	_____
No tobacco or complete a smoking cessation course	50	_____	_____
For women over 40 y/o, complete annual Mammogram	50	_____	_____
For men over 40 y/o, complete annual PSA	50	_____	_____
Obtain Annual Dental exam	50	_____	_____
Obtain Annual Eye exam	50	_____	_____
Wear seat belt 100% of the time (points per year)	50	_____	_____
Receive Influenza (Flu) Vaccination	50	_____	_____
Colorectal Cancer Screening Kit	50	_____	_____
Well LIFE Educational Seminars (live or DVD monthly)	50 each	_____	_____
Check Blood Pressure Monthly (points per month)	25	_____	_____
Diabetes Patients: Check Glucose weekly (points per month)	25	_____	_____
Drink 64 oz. of water 5 times per week (points per year)	25	_____	_____
<b>Your Total Success</b>		_____	_____

**GOAL #1 - 2500 points by June 30, 2008 –Recommend an incentive such as decreased insurance premium.**

**GOAL #2 - 5000 points by December 31, 2008 - recommend and incentive such as decreased insurance premium.**

**Other Goals to improve your health:**

Helping  
you to  
better  
health!

Benefits of



Injury  
Stress  
Illness



Quality of Life  
Energy  
Mental Health  
Activity  
Healthy Eating  
Strength  
Endurance

We provide experts in the following disciplines:

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Mario, RMH employee states "I can only hope that your company will help many people by participating in Well LIFE. I am amazed at how easy it really was, and how awesome it feels".



Your road map  
to success!