



Activity Points Participation Log

You may earn a maximum of 6 Activity Points Per Day.

Name: _____ Department: _____ Month: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Activity							
Time/ Duration							
Points							
Date							
Activity							
Time/ Duration							
Points							
Date							
Activity							
Time/ Duration							
Points							
Date							
Activity							
Time/ Duration							
Points							

Total Activity Points:
 (Will calculate automatically)

Submit completed forms to the PRCA Admin. Office (North Building) or email to WellnessPts@ketteringoh.org.

- Cardio** 15 minutes = 1.5 Activity Points
- Strength** 15 minutes = 1.5 Activity Points
- Cardio/Strength Combo** 15 minutes = 1.5 Activity Points
- Group Exercise** 15 minutes = 1.5 Activity Points
- Walking** 15 minutes = 1.0 Activity Points
- Sports Activity** 15 minutes = 1.0 Activity Points

IMPORTANT: Keep a copy for your records!

The "Submit Form" button ONLY works if the form is saved to your computer and you're on the City email server. If you are NOT on a computer and/or logged-in to City email, you need to PRINT the completed form to submit. This button will open an email in Groupwise with an attachment of this completed form. In the email, click "Send" to submit the attachment to WellnessPts@ketteringoh.org. **REVISED 02.2019**