

# FitCity Rewards Program Monthly Chart

Name: \_\_\_\_\_

Dept: \_\_\_\_\_

**\*\*Reward Vendor Choice**

MONTH: \_\_\_\_\_

Day of week	Date	Walk or bike to work 1 pt	Take the bus to work 1 pt	Exercise at least 30 min 1 pt	What did you do for exercise?	10,000 steps a day (List # of Steps) 1 pt	Attend an annual health screening 5 pts	Attend a FitCity lecture or program 2 pts	Attend a health promo event other than FitCity 1 pt	Did NOT smoke or use tobacco this WEEK 1 pt/wk	Eat 3 cups vegs & 2 cups fruit 1 pt	Wk Total
Mon										Fill in point for the week below (Max 1 pt/wk)		0
Tues												0
Wed												0
Thur												0
Fri												0
Sat												0
Sun												0
<b>0</b>												
Mon										Fill in point for the week below (Max 1 pt/wk)		0
Tues												0
Wed												0
Thur												0
Fri												0
Sat												0
Sun												0
<b>0</b>												
Mon										Fill in point for the week below (Max 1 pt/wk)		0
Tues												0
Wed												0
Thur												0
Fri												0
Sat												0
Sun												0
<b>0</b>												
Mon										Fill in point for the week below (Max 1 pt/wk)		0
Tues												0
Wed												0
Thur												0
Fri												0
Sat												0
Sun												0
<b>0</b>												
Mon										Fill in point for the week below (Max 1 pt/wk)		0
Tues												0
Wed												0
Thur												0
Fri												0
Sat												0
Sun												0
<b>0</b>												
Mon										Fill in point for the week below (Max 1 pt/wk)		0
Tues												0
Wed												0
Thur												0
Fri												0
Sat												0
Sun												0
<b>0</b>												
NEW STARTING MARCH 2014!! BONUS CATEGORY COMPLETED FOR AND ADDITIONAL \$5.00: (Fill in bonus completed)										<b>\$5.00</b>		

I certify that all the points I am submitting are correct

\_\_\_\_\_  
Participant Signature

GRAND TOTAL

0

# FitCity Rewards Program Instructions

## Instructions:

- 1 Complete this chart daily in order to effectively track your wellness activities.
- 2 Fill in all appropriate boxes, including point totals, including point totals, type of exercise completed, month, date, & signature.
- 3 Turn in this form to the FitCity Coordinators @ [FCity@ci.missoula.mt.us](mailto:FCity@ci.missoula.mt.us)

by the 10th of each month. (Ex: After completing July chart, form must be turned in by August 10th)

- 4 Awards will be calculated and delivered every month.

## Rules:

- 1 Exercise counts for only 1 point a day. Ex: If you exercise for 60 or more minutes, it still counts for 1 point NOT 2 points.
- 2 Exercise includes 30 mins or more of moderate to vigorous physical activity such as walking, jogging, cycling, swimming, hiking, tennis, aerobics, weight training, yoga, etc. It can even include activities you do with your family such as skiing, basketball, playing catch, walking the dog, gardening, etc.
- 3 Not smoking or using tobacco counts for 1 point EACHWEEK, not 1 point each day. If there are less than 7 days in a week because it falls at the beginning or end of the month, you may still count these as whole weeks & reward yourself 1 point if you did not smoke or use tobacco.
- 4 You can receive 5 points for participating in a preventive health screening such as the City of Missoula employee health screening or by having an annual exam with your doctor. Visiting the doctor for an illness or injury DOES NOT qualify for this reward.
- 5 To get 1 point for fruits and vegetables consumption, you must eat 3 servings of veggies (1 cup of raw or cooked veggies) AND 2 servings of fruit (1 cup fruit, 1 piece of fresh fruit). This follows the food guide pyramid's recommendations.  
The fruit & veggies must be part of an overall healthy diet.
- 6 Points for completing a fitness event must be accompanied by proof of registration or completion. Fitness events can include 5K/10K walk/runs, marathons, triathlons, etc.
- 7 Points for health promotion programs other than FitCity must be accompanied by proof of attendance. These programs can include: Quit for Life, Parks & Rec programs, Weight Watchers, etc.
- 8 The point system is as follows:

Points Earned	Certificate Value
10 - 20	\$5
21-30	\$10
31-40	\$15
41-50	\$20
51+	\$25

- 9 Under your name & department indicate which business you would like to receive your quarterly gift card from (Peak Health & Wellness, Gold's Gym, Bob Wards, Fire Fighter health & wellness Fund, Murdock's, Ace Hardware, Good Food Store, The Downtown Association, Missoula Parks & Rec, REI, Barnes & Noble)

**10 NEW! Starting in March 2014, there will be a monthly rotating BONUS category that each rewards participant can complete to earn an additional \$5.00 to their monthly rewards (\$15.00 per quarter!)**

Please contact FitCity Coordinators, with any questions regarding this program:

[FCity@ci.missoula.mt.us](mailto:FCity@ci.missoula.mt.us)

PLEASE REMEMBER: If you are starting a new exercise program or if you are considering changing your diet, it is important to consult your doctor first. Let us know if you need assistance getting set-up with local doctors or nutritionists. We are more than happy to help!