



2015-2016 Easter Seals Personal Choice Activity Tracker



Employee Name: (Please Print) _____

Employee Number: _____

**A completed Personal Tracker form is
worth 1 Wellness Point**

Week 1			
Date			
Activity			
Minutes			
Week 2			
Date			
Activity			
Minutes			
Week 3			
Date			
Activity			
Minutes			
Week 4			
Date			
Activity			
Minutes			
Week 5			
Date			
Activity			
Minutes			
Week 6			
Date			
Activity			
Minutes			

Week 7			
Date			
Activity			
Minutes			
Week 8			
Date			
Activity			
Minutes			
Week 9			
Date			
Activity			
Minutes			
Week 10			
Date			
Activity			
Minutes			
Week 11			
Date			
Activity			
Minutes			
Week 12			
Date			
Activity			
Minutes			

Record 3 activities of choice per wk for a min of 30 min each time for 12 weeks= 1 Wellness Point

**Please send completed trackers to Wellness, 555 Auburn Street, Manchester, NH 03103
Scan to enault@eastersealsnh.org or fax to 603.263.0111**

For HR use only :
HR Data Entry _____ HR Audit _____