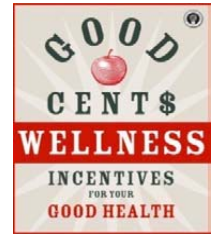


Physical Activity Tracker

As part of Bryant University's Good Cent\$ Wellness Program, faculty and staff are encouraged to maintain a healthy lifestyle including physical activity. Faculty and Staff are encouraged to be physically active a minimum of 30 minutes each day. Use this form to keep track of your daily or weekly hours of physical activity, excluding classes or programs sponsored by Bryant. Eligible faculty and staff may earn a \$25 incentive credit for completing 25 hours* of physical activity hours between October 16, 2011 and December 18, 2011.

Good Cent\$ Wellness Program Incentives for Your Good Health



Step 1:

First Name

M.I.

Last Name

Employee ID

GHB Card ID: Required

Step 2:

Week ending	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
10/16/2011								
10/23/2011								
10/30/2011								
11/06/2011								
11/13/2011								
11/20/2011								
11/27/2011								
12/4/2011								
12/11/2011								
12/18/2011								

Total Hours:

*Hours of physical activity must be tracked in increments of 30 minutes (=0.5) or 60 minutes (=1)

Eligible faculty and staff must complete this form and return to the Human Resources office, no later than 12/31/2011, to receive the \$25 incentive credit.

For Office Use Only:

Company Code:

Program Code: