

STUDENT WELLNESS INCENTIVE AWARD RULES

- 1. The goal is to earn 50 points of wellness by April 28, 2006.**
- 2. Points are earned by completing an activity. These activities have certain time requirements. (Please see the activities sheet.)**
- 3. One can earn only one point per day. If you earn more than one point on a certain day, it cannot be saved and used at a future time.**
- 4. All activities must be done during off-school hours. (School activities such as PE class or school sports do not count.)**
- 5. Keep track of your own points on the wellness log provided. Use the initials on the activities sheet to indicate your activity. This program is run on the honor system. You do need a parent/guardian to sign the chart when completed, however, indicating that they agree with your points.**
- 6. Keep going after you earn your 50 points. The student who earns the most points by April 28 will receive a special award. (You can pick up additional logs from Mr. Hegg in order to keep track of your additional points.) Please turn in all completed logs to Mr. Hegg.**