Use this worksheet to earn the Well Wisconsin incentive:

Complete these three activities by **October 8, 2021**

* HEALTH ASSESSMENT: Complete WebMD ONE’s 10-minute questionnaire.
* HEALTH CHECK: Complete one of the following health checks:
  + Biometric screening
  + Dental exam
  + One coaching session – you can call a coach to help you set your SMART goal.
* WELL-BEING ACTIVITY: Complete the checklist from your SMART goal worksheet to receive a code for the Employer Sponsored Activity.

**Checklist for SMART Goal worksheet:**

\_\_\_\_\_\_Step 1

\_\_\_\_\_\_Step 2

\_\_\_\_\_\_Step 3

\_\_\_\_\_\_Step 4

\_\_\_\_\_\_Step 5

Date completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EXTRA CREDIT:

\_\_\_\_\_\_Complete my Well Wisconsin Incentive once I receive the Employer Sponsored Code

Please email completed checklist form to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Employer Sponsored Activity: Set a SMART Goal!**

Successful people develop a game plan to help them reach their goals. This worksheet will help you define and commit to a plan of action.

**STEP 1: Take the Health Assessment on the WebMD portal.**

**Write down the reasons you want to increase your overall well-being.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 2:** **Be S.M.A.R.T.** about creating your well-being goal(s)!

Use some of your risk areas from your health assessment to help set your goals.

**SPECIFIC:** What do you want to do to increase your overall well-being?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MEASURABLE:** How will you measure your progress.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ACTION:** What steps will you take to achieve your goal:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REALISTIC:** Is your stated goal realistic? Are you trying to do too much in too little time? If so, modify

your plan to make your goal less ambitious or break it into two or three smaller goals.

**TIME-SPECIFIC:** I plan to start my program on: Month \_\_\_\_\_\_ Day \_\_\_\_\_\_ Year \_\_\_\_\_\_

I plan to achieve my goal by: Month \_\_\_\_\_\_ Day \_\_\_\_\_\_ Year \_\_\_\_\_\_

**STEP 3:** **Develop a support system.** Who is going to support you in reaching your goal?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STEP 4: Make a plan for overcoming obstacles.** How will you overcome obstacles that may be in your way?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STEP 5: Celebrate your success.**

**Reward yourself by finishing the Well Wisconsin incentive and earning your $150 gift card.**

How will you celebrate, maybe a new pair of tennis shoes?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_