



State of Rhode Island

Rewards for Wellness

“5-week Online Physical Activity Tracker”



The 5-Week Online Physical Activity Tracker incentive runs between April 3, 2016 and May 7, 2016. In order to earn the \$50 co-share incentive credit you must keep track of the number of steps you take every day OR the number of minutes you exercise at least four day of each week of the activity.

Directions: Record your steps **OR** minutes on the tracker below. At the end of each week, log your total score. Please visit www.wellness.ri.gov to learn more about this last activity of the 2015-2016 Rewards for Wellness program.

Please Note: Paper Trackers will not be accepted as proof of completion of the activity. You must logon onto the online tracker application and obtain a completion certificate in order to receive the \$50 incentive credit.

	Week 1 4/3 – 4/9	Week 2 4/10 – 4/16	Week 3 4/17 – 4/23	Week 4 4/24 – 4/30	Week 5 5/1 – 5/7
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Weekly Totals					

Obtain your activity Completion Certificate by visiting www.wellness.ri.gov entering your weekly tabulation into the online tracker, submitting the completed online tracker (step totals for each day of the activity OR exercise minute totals for at least four days of each week of the activity) and completing the required questionnaire before Friday May 20, 2016.

*All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying the State employee medical co-shares posted at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit.

