



Promoting and encouraging a holistic approach to wellness through physical health, mental strength, career growth and community involvement.

PHYSICAL HEALTH	POINTS EARNED	MAX EARNED
<ul style="list-style-type: none"> Routine Annual Physical (i.e. bloodwork) * 	200	200
<ul style="list-style-type: none"> Other Routine Exams (dental, hearing, vision, mammogram, stress test, sleep study, dermatology, testicular, heart scan, lung scan, osteoporosis screening, etc.) * 	25	100
<ul style="list-style-type: none"> Annual Immunizations (i.e. flu shot) * 	20	20
<ul style="list-style-type: none"> Fitness Center Membership – Monthly * 	16	160
<ul style="list-style-type: none"> Health or Fitness Tracking (i.e. tracking weight management, healthy eating, water in-take, steps, etc. with app or paper/calendar system) 	16	160
<ul style="list-style-type: none"> Workout – Minimum 30 Minutes of Cardio (i.e. bicycling, hiking, rowing, running, swimming, walking, etc.) 	2	200
<ul style="list-style-type: none"> Workout – Minimum 30 Minutes of Muscle Toning (i.e. pilates, weights, yoga, etc.) 	2	200
<ul style="list-style-type: none"> Participation in Internal or External Exercise Events or Fitness Challenges (i.e. Level Up 5K, campus competitions, biking events, health runs or walks, HealthChoice wellness challenge or action plan, etc.) * 	50	200
<ul style="list-style-type: none"> Tobacco Cessation Program (requires participant to have completed the annual tobacco-free attestation) * 	100	100

MENTAL STRENGTH	POINTS EARNED	MAX EARNED
<ul style="list-style-type: none"> Seek Connection with Family and Friends (<i>i.e. a special note, mail a card, email or phone call</i>) 	4pts/action	40
<ul style="list-style-type: none"> 30 Minutes of Reading or Listening to a Podcast/Audio Book 	2pts/week	100
<ul style="list-style-type: none"> Unplug From Screen Time During Day/Before Bedtime (<i>30 minutes</i>) 	2pts/week	100
<ul style="list-style-type: none"> Attend Level Up Lunch and Learn 	50	200
CAREER GROWTH	POINTS EARNED	MAX EARNED
<ul style="list-style-type: none"> Has a valid CPR Certification (<i>i.e., training required every 2 years</i>) * 	50	50
<ul style="list-style-type: none"> Leadership Program Completion (<i>i.e., Leadership KTC, Leadership McAlester, TechCap, etc.</i>) * 	100	100
<ul style="list-style-type: none"> Meets Goal Set During Evaluation in Vector Solutions (TeachPoint) with Director Sign-Off * 	150	150
<ul style="list-style-type: none"> Degree Completion (<i>i.e. Associates, Bachelors, Masters, Ph.D.</i>) * 	100	100
COMMUNITY INVOLVEMENT	POINTS EARNED	MAX EARNED
<ul style="list-style-type: none"> Participation in Blood Drive (<i>must donate blood</i>) 	50	50
<ul style="list-style-type: none"> Participate in Community Cleanup Event (<i>i.e. towns, parks, schools, etc.</i>) 	50	100
<ul style="list-style-type: none"> Volunteering with a Non-Profit or Community Organization (<i>i.e. local food bank, boys and girls club, food pantry, blessing box, churches, etc.</i>) 	30	120
<ul style="list-style-type: none"> Serve as a Board Member or Committee Member for Local Organizations (<i>i.e. Chamber of Commerce, Rotary Club, School Board, etc.</i>) 	25	50

*This Item Requires Documentation

Total Available Points 2500

LEARN MORE AT [KTC.EDU/LEVELUP](https://ktc.edu/levelup)