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Employer Activity Tracking

I, _____, completed the Four Chambers of Heart Health 2019 Wellbeing Activity.
Print Name Here

1. Nutrition: I ate a fresh fruit or vegetable at every meal for four weeks.

_____ (Initial)

2. Physical Activity: I was active for at least 150 minutes each week for four weeks.

Or, if that level of activity is not possible: I was active for at least 25 minutes the first week and attempted to increase my activity minutes each week for three weeks after that.

_____ (Initial)

3. Education: I know my cholesterol level, blood pressure level and body mass index (BMI).

_____ (Initial)

4. Stress Management: I found time for at least 5-10 minutes of meditation/deep breathing practice each day for four weeks.

_____ (Initial)

Signed,

Date
