



## Wellness Challenge Logs

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Respondents/Sources	Method	Content	Timing/Frequency	Respondents	Time
Employees participating in Wellness Challenges -- all worksites	Paper and pencil log book	Self-monitoring tools for health behaviors (nutrition, physical activity)	Throughout the implementation period; max. 3 times per year	2,000	@ 0.50 hrs

*Implementation: The wellness change logs are completed by wellness challenge participants via paper and pencil to monitor their lifestyle habits and progress toward wellness challenge goals throughout the challenge / campaign period. These logs will be made available to employees if the challenges are included in the participating employer's health improvement plan.*

### **Introduction**

These wellness challenge logs asks about your healthy habits in specific program areas: water consumption, physical activity, fruit and vegetable consumption, fiber consumption, weight gain / maintenance as part of an individual or company-wide wellness challenge. These logs should take about 30 minutes each to complete over an 8-week period. These challenge logs are used as part of the National Healthy Worksite Program funded by the Centers for Disease Control and Prevention and is being conducted by Viridian Health Management (Viridian). Viridian is an independent company headquartered in Phoenix, AZ.

### **Informed Consent**

Before you get started, we'd like need to give you some more information to help you decide whether or not you would like to participate.

- This project is funded by the Centers for Disease Control and Prevention. Many parts of the project are being managed by Viridian Health Management (Viridian). Viridian is a private health and wellness company based in Phoenix, AZ. Viridian provides flexible, customized solutions to building comprehensive healthy worksite programs. They are helping CDC implement the National Healthy Worksite (NHW) program.
- You were asked to these logs to help you track your health habits.