



Little Things Make A

BIG DIFFERENCE

For Increasing Participation
And Enthusiasm

KEY QUESTIONS

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Little things can make a huge difference when it comes to increasing participation and generating enthusiasm in your organization's wellness program. By completing the questions in this checklist, you can take enormous strides toward building a wellness initiative that not only produces results but engages your people every step of the way.

Wellness Defined

In our organization, we define wellness as:

Participation Defined

For our purposes, participation is defined as:

Developing A Shared Agenda

List the three most important reasons why wellness is important to your people:

1.

2.

3.

List the three most important reasons why wellness is important to your executives and managers:

1.

2.

3.

Establishing Participation Targets

For this calendar year, we are striving for the following participation rates:

Tracking Participation

We will track participation in our wellness programs in the following ways:

Program Evaluation

We will use the following criteria to evaluate our wellness programs

Recruiting Embassadors

Five potential embassadors are:

Selling The Dream

By attending our programs, our employees will be different in the following ways:

Skill Building And Goal Setting

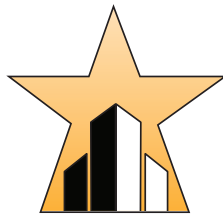
In each of our programs, we will attempt to build skills and set goals in the following ways:

Sharing Success Stories

The most important success stories in our organization are:

Circling Back

We will inform our leadership and organization about our participation rates in the following ways:



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