



## Santa Fe Trail School District #434 Wellness Program

These are the requirements for the 2021-2022 Wellness Program.  
\*Staff Emergency Information form **MUST** be completed to participate.

### Level 1

**Target Date: October 31, 2021**

_____	View the informational wellness slideshow
_____	Complete the 2021 Wellness Scavenger Hunt
_____	Complete one wellness activity #1
_____	Complete one monthly challenge #1

### Level 2

**Target Date: January 31, 2022**

_____	Successfully complete all requirements of Level 1
_____	Complete a preventative exam
_____	Wellness Activity #2 (Group)
_____	Wellness Activity #3
_____	Wellness Activity #4
_____	Complete a monthly challenge #2

### Level 3

**Completion Date: May 1, 2022**

_____	Successfully complete all requirements of Level 1 & 2
_____	Wellness Activity #5 (Group)
_____	Wellness Activity #6 (Group)
_____	Wellness Activity #7
_____	Wellness Activity #8
_____	Complete a monthly challenge #3
_____	Complete a monthly challenge #4

### Level 4

**Completion Date: May 1, 2022**

_____	Successfully complete all requirements of <b>Level 1, 2 &amp; 3</b>
_____	Complete <b>ALL</b> monthly challenges
_____	Complete at least <b>8 wellness activities</b> (3 must be group activities)
_____	Complete <b>4 wellness events</b>