



Activity Title: BE A COMMUNITY BUILDER
Activity Type: Individual
Duration: One month, one quarter or one year
Point Values: - 25 points for each volunteer session
- 100 points maximum per month
- 300 points maximum per quarter
- 1,200 points maximum per year

Description

A new study, *Doing Good is Good for You: 2013 Health and Volunteering Study* (link: <http://www.unitedhealthgroup.com/Newsroom/Articles/Feed/UnitedHealth%20Group/2013/0619HealthVolunteering.aspx>), reveals that volunteering positively impacts a person's health in the following ways:

- *Health: volunteers say they feel better – physically, mentally and emotionally*
- *Stress: volunteering helps people manage and lower their stress levels*
- *Purpose: volunteers feel a deeper connection to communities and to others*
- *Engagement: volunteers are more informed health care consumers, and more engaged and involved in managing their health*

The study also showed that “employers” benefit when their employees volunteer. Employers benefit in the following ways:

- *The health benefits volunteers enjoy also benefit the workplace – employers can expect lower health care costs and higher productivity from employees who volunteer*
- *Volunteers in the study report lower stress levels; other, established research shows that reducing employee stress contributes to higher productivity and levels of engagement*
- *Volunteering can develop employees' work skills, which benefits employer and employee*
- *Volunteers report that volunteering helps them build teamwork and time-management skills; fosters stronger relationships with colleagues; and supports professional networking*
- *Volunteer activities lead to stronger positive feelings toward an employer when volunteer programs are supported in the workplace*

BE A COMMUNITY BUILDER encourages people to volunteer in their local community. Numerous volunteer ideas can be found in the resources below. Volunteer activities can be selected individually, by groups of employees, or a single activity can be chosen for the entire company.



How It Works

1. Decide whether it will be a company-wide or individual choice activity.
2. Determine the duration of the activity and establish incentives, if any, for points earned.
3. Share the *Description* and *Resources* with employees and post the **Group Scoreboard** in a high traffic area where employees can record points earned.
4. Communicate before and during the activity, using the resources, health information and quotes provided. Emails, social media postings, posters and communication from management can be effective in promoting participation.
5. Participants earn 25 points for each volunteer session that they participate in, up to 100 points per month.
6. At the end of the activity, award points earned and any incentives offered. **Certificates of Achievement** can be presented for earning the points listed below. Consider holding a prize drawing at each achievement level.

One Month:	Gold = 75-100 points	Silver = 50 points	Bronze = 25 points
One Quarter:	Gold = 225-300	Silver = 150-200	Bronze = 75-125
One Year:	Gold = 900-1,200	Silver = 600-875	Bronze = 300-575

7. Invite employees to share experiences and complete the **Activity Survey**.

Wellness Benefits

- Volunteers feel better – physically, mentally and emotionally
- Reduces stress
- Creates a deeper connection to the community and to others
- Adds fun and a sense of fulfillment to life
- Increases happiness and pleasure from social bonding and emotional connections
- Increases job satisfaction
- Builds teamwork
- Promotes leadership development
- Improves communication and promotes workplace morale
- Increases self-confidence
- Lowers rates of depression and mortality

Measureable Outcomes

- What percentage of employees participated
- Were positive experiences reported on the **Activity Survey**?
- Did people indicate that they would like to do the activity again?
- Since the activity ended, have people continued to volunteer?
- Was morale in the workplace positively affected?
- Did the volunteer efforts reflect positively on the company?



Resources

Charity Channel (charitychannel.com)

“Recruiting Corporate Volunteers”

<http://charitychannel.com/DesktopModules/DigArticle/Print.aspx?PortalId=0&ModuleId=765&Article=838>

Corporation for National & Community Service (nationalservice.gov)

“The Health Benefits of Volunteering”

PDF Link (copy and paste in the address bar): http://www.nationalservice.gov/pdf/07_0506_hbr.pdf

Energizeinc.com

“Benefits of Volunteering (to the individual volunteer)”

Link: <http://www.energizeinc.com/art/subj/Benefits.html>

Hands On Network (handsonnetwork.org)

“Developing Excellence in Workplace Volunteer Programs: Guidelines for Success”

PDF Link (copy and paste in the address bar):

http://www.handsonnetwork.org/files/resources/Developing_Excellence_Workplace_Volunteer_Programs.pdf

Help Guide.org (helpguide.org)

“Volunteering and its Surprising Benefits - Helping Yourself While Helping Others”

Link: http://www.helpguide.org/life/volunteer_opportunities_benefits_volunteering.htm

Huffington Post (huffingtonpost.com)

“Health Benefits of Volunteering”

Link: <http://www.huffingtonpost.com/tag/health-benefits-of-volunteering>

“Volunteering Is Good For The Heart And 7 Other Heart-Healthy Habits”

Link: http://www.huffingtonpost.com/2013/02/27/volunteering-heart-health-habits_n_2767808.html

“Volunteering Linked With Lower Risk Of High Blood Pressure”

Link: http://www.huffingtonpost.com/2013/06/17/volunteering-blood-pressure-hypertension-heart-health_n_3435849.html

International Journal of Behavioral Medicine (powerofessence.org)

PDF Link (copy and paste in the address bar): “Altruism, Happiness, and Health: It’s Good to Be Good” by Stephen G. Post

PDF Link (copy and paste in the address bar): http://www.powerofessence.org/files/JDMessenger/resources/Post_Altruism_Happiness.pdf

Manifest Excellence (manifestexcellence.com)

“The Health Benefits of Kindness, Compassion, and Volunteering”

Link: <http://manifestexcellence.com/blog/2010/11/12/the-health-benefits-of-kindness-compassion-and-volunteering/>

Newsweek (newsweekshowcase.com)

“Benefits of volunteerism: How everybody gains”

Link: <http://www.newsweekshowcase.com/health/articles/Benefits-of-volunteerism>

PyschCentral.com

“Volunteering Can Improve Mental Health, Extend Life”

Link: <http://psychcentral.com/news/2013/08/23/volunteering-can-improve-mental-health-help-you-live-longer/58787.html>

Random Acts of Kindness Foundation (randomactsofkindness.org)

“234 Kindness Ideas”

Link: <http://www.randomactsofkindness.org/kindness-ideas>



Resources continued

Rath, Tom & Jim Harter

Book: *Well Being – The Five Essential Elements*, New York: Gallup Press, 2010.

Link: <http://www.wbfinder.com/home.aspx>

Service Leader.org (serviceleader.org)

“Corporate Volunteerism Resources”

Link: <http://www.serviceleader.org/volunteers/corporate>

UnitedHealth Group (unitedhealthgroup.com)

“Volunteering Linked to Better Physical, Mental Health

Link:

<http://www.unitedhealthgroup.com/Newsroom/Articles/Feed/UnitedHealth%20Group/2013/0619HealthVolunteering.aspx>

UnitedHealth Group – Do Good Live Well (dogoodlivewell.org)

“Discover the healthy benefits of helping others”

Link: <http://www.dogoodlivewell.org/healthy-benefits.html>

United Way (unitedway.org)

“4 Personal Benefits of Volunteering in Your Community”

Link: <http://www.unitedway.org/blog/entry/4-personal-benefits-of-volunteering-in-your-community/>

Volunteer Match (volunteermatch.org)

“Does Employee Volunteerism Work?”

Link: <http://www.volunteermatch.org/corporations/resources/businesscase.jsp>

“Find a Place to Volunteer”

Link: <http://www.volunteermatch.org>

Additional Ideas

- Consider ways that the company can become more involved in the local community, e.g. charitable work or giving, volunteering in schools or hospitals, etc.
- Invite community leaders in for lunch-n-learns to share their work with employees.
- Invite community organizations to share their mission and details of their work with employees.
- Adopt a single organization or cause and support it with employee volunteers.
- Adopt a new organization annually to support with employee volunteers.
- Invite employee suggestions on what community efforts to support with volunteers.
- Invite people to participate on a planning team that identifies needs in the community and develops a volunteer strategy for addressing them.
- Adopt a stretch of a street/road/highway or a neighborhood to keep looking beautiful.

One-Day Challenges

- “Community Builder Challenge” – provide flex-time for employees to spend an hour or two involved in a community volunteer project



One-Day Challenges continued

- “Family Challenge” – encourage families to volunteer together in a community project
- “Team Challenge” – randomly select teams to come together to do good in the community
- “School Challenge” – allow employees time to volunteer in a local school
- “Clean Community Challenge” – spend one hour and make a difference cleaning up a neighborhood

Quotes

1. *“I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live.”* – George Bernard Shaw, Irish playwright (1856-1950)
2. *“A machine has value only as it produces more than it consumes - so check your value to the community.”* – Martin H. Fischer, German-born American physician and author (1879-1962)
3. *“We cannot live only for ourselves. A thousand fibers connect us with our fellow men.”* – Herman Melville, American author, Moby Dick (1819-1891)
4. *“A man is called selfish not for pursuing his own good, but for neglecting his neighbor's.”* – Richard Whately, English economist and theologian (1787-1863)
5. *“Those who are quite satisfied sit still and do nothing; those who are not quite satisfied are the sole benefactors of the world.”* – Walter Savage Landor, English writer and poet (1775-1864)
6. *“You can discover more about a person in an hour of play than in a year of conversation.”* – Plato, Ancient Greek philosopher (427-347 BC)
7. *“Many hands make light work.”* – John Heywood, English writer (1497-1580)
8. *“It is a fact that in the right formation, the lifting power of many wings can achieve twice the distance of any bird flying alone.”* – Author Unknown
9. *“Character is what emerges from all the little things you were too busy to do yesterday, but did anyway.”* – Mignon McLaughlin, American author, The Second Neurotic's Notebook, 1966 (1913-1983)
10. *“In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.”* – Marianne Williamson, Spiritual teacher, author and lecturer
11. *“We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.”* – Cesar Chavez, Labor leader and civil rights activist (1927-1993)
12. *“Without a sense of caring, there can be no sense of community.”* – Anthony J. D'Angelo, Personal development author
13. *“A community is like a ship; everyone ought to be prepared to take the helm.”* – Henrik Ibsen, 19th century Norwegian playwright (1828-1906)
14. *“The power of community to create health is far greater than any physician, clinic or hospital.”* – Mark Hyman, Practicing physician and international authority in Functional Medicine
15. *“A single leaf working alone provides no shade.”* – Chuck Page, California politician



Quotes continued

16. *"Allow the way to your great work to be guided by your service to others."* – Dr. Mollie Marti, Psychologist, lawyer, speaker and author
17. *"We have to restore power to the family, to the neighborhood, and the community with a non-market principle, a principle of equality, of charity, of let's-take-care-of-one-another. That's the creative challenge."* – Jerry Brown, Two-time California governor (1938-)
18. *"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope."* – Barack Obama, 44th President of the United States (1961-)
19. *"The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served."* – Gordon B. Hinckley, Standing for Something: 10 Neglected Virtues That Will Heal Our Hearts and Homes (1910-2008)
20. *"Doing nothing for others is the undoing of ourselves."* – Horace Mann, American education reformer and a Massachusetts politician (1796-1859)
21. *"It's impossible to be involved in all situations, but there's no excuse not to be involved in something, somewhere, somehow, with someone. Make an ounce of difference."* – Richelle E. Goodrich, Author: *Eena* and *The Dawn and Rescue*
22. *"Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment than being of service to someone in need."* – Gillian Anderson, American Actress (1968-)
23. *"Wisdom is knowing what to do next; virtue is doing it."* – David Star Jordan, Educator and peace activist, president of Indiana University and founding president of Stanford University (1851-1931)
24. *"The highest of distinctions is service to others."* – King George IV of the United Kingdom of Great Britain and Ireland (1762-1830)
25. *"To serve is beautiful, but only if it is done with joy and a whole heart and a free mind."* – Pearl S. Buck, American writer and novelist (1892-1973)
26. *"One kernel is felt in a hogshead; one drop of water helps to swell the ocean; a spark of fire helps to give light to the world. None are too small, too feeble, too poor to be of service. Think of this and act."* – Hannah More, English religious writer and philanthropist (1745-1833)
27. *"How can we expect our children to know and experience the joy of giving unless we teach them that the greater pleasure in life lies in the art of giving rather than receiving."* – James Cash Penney (1875-1971), Founder Of J.C. Penney Corporation
28. *"I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve."* – Albert Schweitzer (1875-1965), Philosopher, Physician, Nobel Peace Prize Winner
29. *"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."* – Margaret Mead (1902-1978), Cultural Anthropologist
30. *"Our lives are to be used and thus to be lived as fully as possible, and truly it seems that we are never so alive as when we concern ourselves with other people."* – Harry Chapin, American singer-songwriter (1942-1981)



Quotes continued

31. *"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."* – Rabindranath Tagore (1861-1941), Poet, Playwright, Essayist
32. *"Three keys to more abundant living: caring about others, daring for others, sharing with others."* – William Arthur Ward, Inspirational writer, author of *Fountains of Faith*
33. *"To be good, and to do good, is all we have to do."* – John Adams, A Founding Father and 2nd President of the United States, (1735-1826)
34. *"Your life and mine should be valued not by what we take... but by what we give."* – Edgar Allen, Founder of Easter Seals (1862-1937)
35. *"What is the essence of life? To serve others and to do good."* – Aristotle, Ancient Greek philosopher (384-322 BC)
36. *"To the wrongs that need resistance, To the right that needs assistance, To the future in the distance, Give yourselves."* – Carrie Chapman Catt, American Women's Rights Activist (1859-1947)
37. *"Service to a just cause rewards the worker with more real happiness and satisfaction than any other venture of life."* – Carrie Chapman Catt, American Women's Rights Activist (1859-1947)
38. *"You make a living by what you get, but you make a life by what you give."* – Winston Churchill, British Prime Minister 1940-45 and 1951-55 (1874-1965)
39. *"He who wishes to secure the good of others has already secured his own."* – Confucius, Chinese teacher and philosopher (551-479 BC)
40. *"We are all like one-winged angels. It is only when we help each other that we can fly."* – Luciano de Crescenzo, Italian writer and film actor (1928-)
41. *"I believe that individuals can make a difference in society. Since periods of change such as the present one come so rarely in human history, it is up to each of us to make the best use of our time to help create a happier world."* – The Dalai Lama, the 14th Dalai Lama is the spiritual leader of the Tibetan people
42. *"It is our collective and individual responsibility to protect and nurture the global family, to support its weaker members and to preserve and tend to the environment in which we all live."* – The Dalai Lama, the 14th Dalai Lama is the spiritual leader of the Tibetan people
43. *"The greatest poverty that can afflict the human spirit is the loss of a generous heart. You will know that success has slipped away when your passion for helping others grows cold."* – Bill Lane Doulos, Spiritual writer, author of *Cotton Patch Parables of Liberation*
44. *"The debt that each generation owes to the past, it must pay to the future."* – Abigail Scott Dunaway, American women's rights advocate, newspaper editor and writer (1834-1915)
45. *"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud."* – Helen Dyer, American biochemist and cancer researcher
46. *"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to leave the world a bit better whether by a healthy child, a garden patch or a redeemed social condition; to know that even one life has breathed easier because you have lived. This is to have succeeded."* – Ralph Waldo Emerson, American essayist, lecturer and poet



Quotes continued

47. *"If I can stop one heart from breaking, I shall not live in vain. If I can ease one life the aching, or cool one pain, or help one fainting robin unto his nest again, I shall not live in vain."* – Emily Dickinson, American poet (1830-1886)
48. *"Keep on sowing your seed, for you never know which will grow -- perhaps it all will."* – Ecclesiastes, Book from the Jewish Ketuvim and the Old Testament, the word means "Teacher" or "Preacher"
49. *"Service is the rent we pay for being. It is the very purpose of life and not something you do in your spare time."* – Marian Wright Edelman, American children's rights activist (1939-)
50. *"A hundred times every day I remind myself that my inner and outer life depends on the labors of other men, living and dead, and that I must exert myself in order to give in the measure as I have received and am still receiving."* – Albert Einstein, German-born physicist who developed the general theory of relativity
51. *"Only a life lived for others is worth living."* – Albert Einstein, German-born physicist who developed the general theory of relativity
52. *"It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself."* – Ralph Waldo Emerson, American essayist, lecturer and poet
53. *"I am only one, But still I am one. I cannot do everything, But still I can do something; And because I cannot do everything I will not refuse to do the something that I can do."* – Edward Everett, American politician, pastor and educator (1794-1865)
54. *"It is in giving oneself that one receives."* – Saint Francis of Assisi, Italian Catholic preacher (1182-1226)
55. *"Remember that when you leave this earth, you can take with you nothing that you have received - only what you have given: a full heart, enriched by honest service, love, sacrifice and courage."* – Saint Francis of Assisi Italian Catholic preacher (1182-1226)
56. *"How wonderful that no one need wait a single moment to improve the world."* – Anne Frank, Jewish victim of the Holocaust whose autobiography *The Diary of a Young Girl* is popular throughout the world
57. *"Tell me and I forget, teach me and I may remember, involve me and I learn."* – Benjamin Franklin, A Founding Father of the United States, author, printer, politician, inventor and scientist
58. *"I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."* – Mahatma Gandhi, Indian Political And Spiritual Leader (1869-1948)
59. *"The best way to find yourself, is to lose yourself in the service of others."* – Mahatma Gandhi, Indian Political And Spiritual Leader (1869-1948)
60. *"Consciously or unconsciously, every one of us does render some service or other. If we cultivate the habit of doing this service deliberately, our desire for service will steadily grow stronger, and will make, not only our own happiness, but that of the world at large."* – Mahatma Gandhi, Indian Political And Spiritual Leader (1869-1948)
61. *"If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen."* – Loretta Girzaitis, American educator and writer



Quotes continued

62. *"He who does nothing for others does nothing for himself."* – Goethe, German writer and politician (1749-1832)
63. *"I have never been especially impressed by the heroics of people convinced that they are about to change the world. I am more awed by ... those who ... struggle to make one small difference after another."* – Ellen Goodman, American journalist, Pulitzer Prize winner in 1980 (1941-)
64. *"One of the things I keep learning is that the secret of being happy is doing things for other people. "* – Dick Gregory, American comedian and social activist (1932-)
65. *"I expect to pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any fellow creature, let me do it now. Let me not defer or neglect it for I shall not pass this way again."* – Stephen Grellet, French-born American Quaker missionary (1773-1855)
66. *"I am only one, but still I am one. I cannot do everything, but still I can do something, and because I cannot do everything I will not refuse to do something that I can do."* – Edmund Everett Hale, American author, historian and Unitarian minister ((1822-1909)
67. *"Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop..."* – Dr. Dorothy I. Height, African-American Civil Rights and Women's Rights activist (1912-2010)
68. *"Help your sister's boat across the water, and yours too will reach the other side." Kindness can become its own motive. We are made kind by being kind."* – Eric Hoffer, American moral and social philosopher (1902-83)
69. *"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others."* – DeAnn Hollis
70. *"Ask not what your country can do for you, ask what you can do for your country."* John F. Kennedy, 35th President of the United States (1917-1963)
71. *"The interior joy we feel when we have done a good deed is the nourishment the soul requires."* – Albert Schweitzer, theologian, philosopher, physician and medical missionary in Africa (1875-1965)

Benefits of Volunteerism

VolunteerMatch.org

"Business Case"

Link: <http://www.volunteermatch.org/corporations/resources/businesscase.jsp>

Business Case

Does Employee Volunteerism Work?

The benefits of an Employee Volunteer Program are many, and building a strategic program that is integrated with core business objectives and core competencies creates a meaningful and sustainable program. Join this growing volunteer movement and your employees, shareholders, community and company all benefit.

Benefits to the Employee

- *Improves performance*



Benefits of Volunteerism continued

- *Increases job satisfaction, attitude and morale*
- *Encourages teamwork*
- *Promotes leadership and skill development*
- *Improves communication between employees and their supervisors, and across departments*

Benefits to the Corporation

- *Builds brand awareness and affinity*
- *Strengthens trust and loyalty among consumers*
- *Enhances corporate image and reputation*
- *Improves employee retention*
- *Increases employee productivity and loyalty*
- *Provides an effective vehicle to reach strategic goals*

Benefits to the Community

- *Provides skilled and talented volunteer pool, as employees devote personal and professional skills to community needs*
- *Offers direct cost savings for community service organizations in saved recruiting and labor costs*
- *Creates quantifiable social impact*
- *Helps bring community needs into focus*

Recent Studies Have Shown

- *Raises Employee Morale*
 - *96% of Americans agree that volunteering makes people happier.*
Study: Do Good Live Well Study (UnitedHealthcare & VolunteerMatch), 2010
PDF Link (copy and paste in address bar):
http://cdn.volunteermatch.org/www/about/UnitedHealthcare_VolunteerMatch_Do_Good_Live_Well_Study.pdf
 - *94% of companies surveyed believed employee volunteering provides a way to raise employee morale.*
Study: Volunteering—The Business Case: The Benefits of Corporate Volunteering Programmes in Education (Corporate Citizenship & City of London), 2010
PDF Link (copy and paste in address bar):
http://www.cityoflondon.gov.uk/business/economic-research-and-information/research-publications/Documents/research-2010/Volunteering_The%20Business%20Case.pdf
- *Boosts Employee Health*
 - *92% of people who volunteer through their workplace report higher rates of physical and emotional health.*
Study: Do Good Live Well Study (UnitedHealthcare & VolunteerMatch), 2010
PDF Link (copy and paste in address bar):
http://cdn.volunteermatch.org/www/about/UnitedHealthcare_VolunteerMatch_Do_Good_Live_Well_Study.pdf



Benefits of Volunteerism continued

- *Provides Skill Development*
 - *88% of employee volunteers report volunteering provides networking/career development opportunities.*

Study: Do Good Live Well Study (UnitedHealthcare & VolunteerMatch), 2010

PDF Link (copy and paste in address bar):
http://cdn.volunteermatch.org/www/about/UnitedHealthcare_VolunteerMatch_Do_Good_Live_Well_Study.pdf

- *Increases Employee Loyalty*
 - *66% of employees reported a greater commitment to the company as a result of their experience volunteering.*

Study: Volunteering—The Business Case: The Benefits of Corporate Volunteering Programmes in Education (Corporate Citizenship & City of London), 2010

PDF Link (copy and paste in address bar):
http://www.cityoflondon.gov.uk/business/economic-research-and-information/research-publications/Documents/research-2010/Volunteering_The%20Business%20Case.pdf

Group Name: _____
 Month/Year: ____ / ____

BE A COMMUNITY BUILDER

Group
Scoreboard

#	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total	
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Put an "X" in the box on the day that you spent time volunteering in your community.

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wellstreetusa.com



Be a Community Builder

Certificate of Achievement

Awarded to:

for

GOLD LEVEL

Performance

____ / ____

Month

Year

Points Earned



Be a Community Builder

Certificate of Achievement

Awarded to:

for

SILVER LEVEL

Performance

____ / ____

Month

Year

Points Earned



Be a Community Builder

Certificate of Achievement

Awarded to:

for

BRONZE LEVEL

Performance

____ / ____
Month Year

Points Earned



ACTIVITY SURVEY

Activity Name: _____

Final Day of Activity (MM/DD/YYYY): _____ / _____ / _____

Please rate the statements below by circling the number that best represents your experience.

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree nor Disagree
- 4 – Agree
- 5 – Strongly Agree

- | | | | | | | |
|----|--------------------------------------------------------------------------------|---|---|---|---|---|
| 1. | I enjoyed participating in this activity. | 1 | 2 | 3 | 4 | 5 |
| 2. | The activity increased my happiness. | 1 | 2 | 3 | 4 | 5 |
| 3. | The activity improved my health. | 1 | 2 | 3 | 4 | 5 |
| 4. | The activity improved my energy level. | 1 | 2 | 3 | 4 | 5 |
| 5. | The activity reduced my stress level. | 1 | 2 | 3 | 4 | 5 |
| 6. | I learned something valuable about my health and wellbeing from this activity. | 1 | 2 | 3 | 4 | 5 |
| 7. | I plan to make personal lifestyle changes because of this activity. | 1 | 2 | 3 | 4 | 5 |
| 8. | I would like to do this activity again. | 1 | 2 | 3 | 4 | 5 |
| 9. | The activity improved morale in the workplace. | 1 | 2 | 3 | 4 | 5 |

Please use the back of this page to add comments about your experience.