

Welcome!



3rd District Wellness Committee Meeting

1. Please sign in at the table
2. Please help yourself to food

Agenda:



- **Calendar Updates**
- **Wellness Policy Copies**
- **Team Time**
- **Reconvene**
- **Prize Drawing!**

Calendar Updates:

Thursdays

4:30-6:00 PM in the District Office Board Room

*****December 11th: DWC Present to Board**

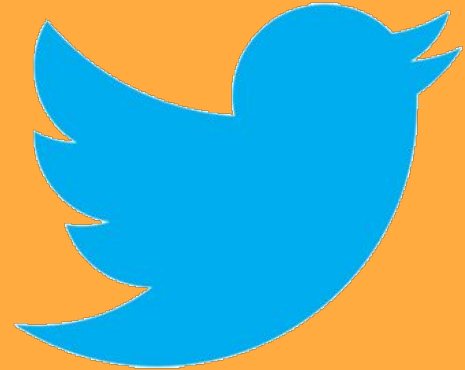
- **January 17th**
- **February 21st**
- **March 14th**
- **April 25th**
- **May 16th**



Wellness Policy

- **Pass out Wellness Policy**
- **Read it over in groups**

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Team Group Time

- Finalize your goals today and work towards doing research to complete them
- Brainstorm your ideas for your team & go to the following Google Doc:



SMART Goals

S

• **SPECIFIC**

- Define the goal as much as possible with no unclear language
- **Who** is involved, **WHAT** do I want to accomplish, **WHERE** will it be done, **WHY** am I doing this – reasons, purpose, **WHICH** constraints and/or requirements do I have?

M

• **MEASURABLE**

- Can you track the progress and measure the outcome?
- How much, how many, how will I know when my goal is accomplished?

A

• **ATTAINABLE/ACHIEVABLE**

- Is the goal reasonable enough to be accomplished? How so?
- Make sure the goal is not out or reach or below standard performance.

R

• **RELEVANT**

- Is the goal worthwhile and will it meet your needs?
- Is each goal consistent with the other goals you have established and fits with your immediate and long term plans?

T

• **TIMELY**

- Your objective should include a time limit. Ex: I will complete this step by month/day/year.
- It will establish a sense of urgency and prompt you to have better time management.

Reconvene

- **Summarize physical goals**
- **Summarize mental goals**
- **Summarize social goals**



Prize Drawing!



**Chipotle Dinner Voucher &
AnyTime Fitness Swag Bag**

Have a good night!



Next Meeting:

****Dec. 11th Gov. Board Room Meeting
If not, Jan. 17th!**