* **LiveWell Education Meetings.** 
  + Includes LiveWell Lunch and Learns and Affinity Group events.
  + All LiveWell Lunch and Learns are listed [here](https://livewell.wkkf.org/education.html). If you missed a particular event, you can click on the link to watch or review the power point and then log it in your activities.
  + Each meeting you attend counts towards 25 Livewell points. You may record up to 4 events for a total of 100 points.
* **Athletic Event of Recreational League.**
  + Did you run a race since November 1, 2018?
  + Did you golf in a league?
  + Did you play softball in a league?
  + Each league/even counts towards 50 LiveWell points. You may record up to two for a total of 100 points.
* **Physical Activity Participation.**
  + Did you attend group fitness classes (either onsite or off)?
  + Did you attend stretch breaks, scheduled with your wellness team?
  + Did you participate in any group or personal training (either onsite or off)?
  + These activities must combine for a total of 6 activities to received 50 LiveWell points. You may record 12 activities for a total of 100 points.
* **Weight Management Program**
  + Did you participate in an organized weight management program?
  + Did you complete 6-12 weeks of the program?
  + Programs such as Weight Watchers, Medical Weight Loss and NOOM are examples.
  + Did you participate in the REAL Program provided by WKKF?
  + Completion of at least 6 weeks in a program is 100 LiveWell points.
* **Nutritional Consultation**
  + Did you have a one-on-one consultation with a Registered Dietician or Nutritionist?
  + Maybe you met with Danielle Gillis with the onsite 20 minute consults or on your own outside of work with a professional.
  + A consultation is worth 50 LiveWell points.
* **Financial Consultation**
  + Did you meet with a financial advisor to discuss: retirement/investments/estate planning/etc?
  + Did you meet with a tax professional to prepare your taxes?
  + You may log 1 meeting for a total of 50 LiveWell points.
* **Financial Workshop**
  + Did you attend the September 24, 2019 Financial Workshop hosted by WKKF with Doug Heilman from Waddel & Reed?
  + If you missed this, check out the video [here](https://livewell.wkkf.org/education.html) to watch and record for points
  + Participation in this event is 50 LiveWell points
* **Volunteer or Community Involvement**
  + Did you so any volunteer activities since November 1, 2018?
  + All volunteer and community activities must be logged in 4 hour chunks.
  + Example – If I read to students an hour every Friday, I would log 4 Fridays together.
  + Each chunk of 4 hours is worth 50 LiveWell points. You may record up to 4, 4 hours chunks for a total of 200 points.
* **DNA Activities**
  + Did you facilitate a racial equity session?
  + Did you organize an affinity group event?
  + Did you host a meaningful meal?
  + Did you have a conversation with someone outside your circle using DNA tools?
  + Each event is 25 points. You may log 2 events for a total of 50 points.
* **Preventative Health Visit**
  + Did you have an annual physical since November 1, 2018?
  + Did you have a routine dental check-up?
  + Did you have an annual eye exam?
  + Each visit is 50 LiveWell points. You may log 2 visits for a total of 100 points.
* **Follow-Up Wellness** **Consultation** and **Individual Fitness Program**
  + Both of these are done through your wellness team.
  + A follow-up wellness consultation is done after you have completed your first consultation (which is required). This follow-up would be done to discuss your progress towards the goals you had previously set. Each follow-up meeting is 25 LiveWell points. You may schedule 2 follow-up meetings during the plan year for a total of 50 points.
  + An individual fitness program consists of a series of at least 3 sessions. The first would be an assessment of your current fitness level and a discussion of your goals. The second would be a meeting to go through a customized fitness routine based on your personal goals. The third would be an evaluation of your progress. This series of meetings would take place over a period of 6-8 weeks. Personal training is also an option to receive the 100 points for this program. 100 LiveWell points are received upon completion of the 3rd session.