

HEALTH 100 LAB

The Health 100 LAB is graded based on the points accumulated through the use of the WFC, as well as, additional points offered encompassing Personal Healthcare activities and community fitness activities.

Grading Scale

A= 43-48 Points

B= 38-42 Points

C= 33-37 Points

D=29-32 Points

F= 0-28 Points

How do you earn points for the Health 100 LAB?

WELLNESS FITNESS CENTER: 1 hour = 1 point

20 points minimum required from the WFC

Personal Healthcare and Fitness point opportunities

| Additional Point Opportunities | points | Additional Point Opportunities | points |
|--|--------|--|--------|
| Flu Shot | 2 | 5k race/walk | 3 |
| Body Fat Testing | 1 | 10k race/walk | 4 |
| Cholesterol Screening | 2 | 1/2 marathon | 6 |
| Cancer screening | 2 | full marathon | 10 |
| TB Test | 2 | sprint triathlon | 6 |
| dental visit (2 visits max) | 2 | Olympic triathlon | 10 |
| hearing test | 1 | volunteer at a Race | 2 |
| vision test | 1 | volunteer at a clean-up event | 2 |
| STD test | 2 | Attend a Health Fair | 2 |
| HIV test | 2 | personal gym hours: 1 visit= 1 point | 1-10 |
| Donate Blood | 3 | Immunizations | 2 |
| Complete Physical | 5 | Women's Health yearly exam | 2 |
| Palomar activity class (1 class=1 point) | 1-10 | Palomar Athletic event (1 event=1 point) | 1-10 |

- A minimum of 20 hours is required at the WFC
- To receive the Additional Points you must show "proof" to your instructor and the points will be recorded on your LAB Card. The proof can be a receipt or a letter from your physician.
- Personal Gym Membership Hours: You can earn a maximum of 10 hours by using your own personal gym. You can only earn these hours if your gym is able to provide a printout of the dates you attended. You can earn 1 hour for each date you go to your gym. A signature and business card of a trainer or manager must accompany the printout.
- Palomar Athletic event: Take a picture of yourself at the event for proof.
- Palomar Activity class: Prior approval from class Instructor and signature from Instructor is needed. Approval will only be granted if there is room in the class.
- Visit www.raceplace.com for an up to date calendar of area walks/races that you could participate in for LAB points. If you choose to do this activity you need to attach a copy of your receipt and race number. If you volunteer at an event, take a picture for proof.