



City of Burleson

2026 Wellness Log

2026 Program Dates:

January 1, 2026 - * January 8, 2027

*Extended into 2027 for "Maintain Don't Gain" Challenge weigh-out, the rest of the activities must be completed in 2026.

Human Resources (817) 426-9642

2026 Wellness Log

This log was created for you to track and verify the points needed to earn a Wellness Day off with pay. The 2026 Wellness Log will run from January 1, 2026 to January 8, 2027 (Extended for "Maintain Don't Gain" Challenge. All other activities must be complete by the end of December 2026).

Participants accumulate 200 points to earn a Wellness Day off and 300 additional points (500 total) to earn a second Wellness Day off.

Wellness days are entered in January after the logs are turned in. Days off earned must be used by the end of the year. Days must be taken in full day increments and will not carry over into the next calendar year and will not be paid out upon separation from the City.

The points system is designed to encourage you to participate in a variety of activities. Your Wellness Log must be stamped or verified to earn points. Take your book to each city-sponsored event or to Human Resources to document your points when you complete each program or event. If you work out at a gym, you will need to track your workouts of at least 30 minutes showing the dates.

Wellness points earned cannot be verified if your log is misplaced.

Wellness Logs must be sent or delivered to HR no later than January 8, 2027 (extended to include weigh-out for "Maintain Don't Gain" Challenge), for review. You may turn in completed logs prior to the due date. Once the logs are turned in to HR your point accumulation for the year will stop.

Name _____

Department _____

Work Phone _____

Mobile Phone _____

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Preventive Health Care

Preventive health care helps you understand your body better. Completing your annual preventive care assessment increases your chances of maintaining good health and early detection of health problems. These measures will be verified (ie. EOB, etc)

Healthcare Measure	Points	Verified
Annual Physical	25	
Flu Shot or other Immunization	25	
Annual Specialist Exam	25	
Colonoscopy or other Cancer Screening (Age appropriate)	25	
Dental Exam	25	
Health Fair	25	

Total Points _____

Lunch & Learns and Monthly Quizzes

Attend a Lunch & Learn session or take a UHC Monthly Quiz and earn 5 points. Max per month is 5 points (Max 60 points)

Month	Points	Verified
January		
February		
March		
April		
May		
June		

Month	Points	Verified
July		
August		
September		
October		
November		
December		

Total Points _____

Burleson Community Projects

This category includes Burleson community projects in which an employee's participation can be documented by the event organizer. Employees can accumulate a maximum of 200 points.

Burleson Community Projects: 50 points per event

Event	Points	Verified

Total Points _____

*(Maximum total of 200 **points** for Burleson Community Projects)*

Examples: Volunteer Trash Bash Participant, Community Blood Drive, Burleson Day of Service, serving on Employee Events Committee or Employee Benefits Committee, or volunteer at special events.

Contact City of Burleson HR for other opportunities

Gym/ Exercise Groups

This category is to encourage employees to increase their level of physical activity. Employees can accumulate 4 points per workout.

4 points awarded per daily minimum workout of 30 minutes. Exercise must be at least 30 minutes in duration. 1 workout per day equals 4 points. 960 point max.

January/February

March/April

May/June

July/August

September/October

November/December

Gym/ Exercise Groups

Jan./Feb. _____

Mar./April _____

May/June _____

July/Aug. _____

Sept./Oct. _____

Nov./Dec. _____

Totals Points _____

Walk Across Texas—830 Mile Challenge

This category is to encourage employees to increase their level of physical activity. Employees log their walking, running, and cycling distances from each workout. Both workout dates and distances are required. Employees who accumulate 830 miles in a year will earn 150 points. Be sure to log your workouts in the Gym/Exercise group section. There is a 30 minute minimum exercise time to earn points.

January/February

March/April

May/June

July/August

September/October

November/December

Walk Across Texas—830 Mile Challenge

Jan./Feb. _____ **Mar./April** _____ **May/June** _____

July/Aug. _____ **Sept./Oct.** _____ **Nov./Dec.** _____

Total Miles _____ **Total Points** _____

Fun Run/Walk/Ride Events

This category also includes community sport events in which an employee's participation can be documented either by an entry confirmation or finisher certificate. Maximum 200 points.

Fun Walk/Run Events (5K minimum runs, bike rides to 20 miles): 20 points per event

Runs 10K to half marathon (13.1 miles), bike rides over 20 miles to 50 miles: 30 points per event

Runs over 13.1 miles, bike rides over 50 miles: 40 points per event

Visual proof of event must be shown to HR to receive points.

Event	Date	Distance	Points/Verified

Total Points _____

Wellness Challenges

"Maintain Don't Gain" Challenge

- Designed to encourage employees to maintain their weight over the holidays.
- Begins with a private weigh-in at HR between November 16-20, 2026 and weigh-out January 4-8, 2027.

830 Mile Year-long Walk Across Texas Challenge

The Walk Across Texas Challenge is designed to encourage employees to increase their physical activity over and above their normal fitness routines. Partner with a co-worker, friend or family member to take the challenge together. Having a workout partner keeps you accountable.

- Begin tracking your distance using a fitness tracker, phone, or phone app. (Runkeeper, Endomondo, Map My Run, Apple Watch, etc.)
- Logs can be reviewed with HR on a monthly or bi-monthly basis so as to not wait to the end to verify distances walked.

Activity	Points	HR Verification
"Maintain Don't Gain" Participation – 10 points		
"Maintain Don't Gain" Maintain or Lose - 50 points		
Walk Across Texas 830 miles – 150 points		

Total Points _____

BTX Be Fit

This program is designed to track your weight goals during a year. This could mean maintaining, losing, or gaining depending upon your stated goals at the time of weigh-in. When you decide to begin your health journey during the year, contact HR for a private weigh-in and establish your goal. We will do an ending weigh-out January 4-8, 2027. If you have met your stated goals for the challenge, you will receive 50 points. If there are concerns with this activity, contact HR to review accommodations.

My goal is _____

Starting Weight _____

Ending Weight _____

Annual Change +/-

End of year status and points:

Activity	Points	HR Verification
Employee Participation — 10 point		
Employee maintained, added or lost based on stated challenge goals—50 points		

Total Points _____

Wellness Log Summary

Name _____

Department _____

200 points to earn a Wellness Day off and 300 additional points (500 total) to earn a second Wellness Day off.

Activity	Total Points
Preventive Health Care	
Lunch & Learns / Monthly Quizzes	
Burleson Community Projects	
Exercise/Gym/Recreation Center Use	
Fun Walk/Run/Bike Ride Events	
Wellness Challenges	
BTX Be Fit	
Grand Total	