



# United States Women of Today

## *Wellness and Personal Development Program Manager Manual*

# Wellness and Personal Development Certification

Name \_\_\_\_\_ Date Joined \_\_\_\_\_ Date Certified \_\_\_\_\_

Chapter/State \_\_\_\_\_ Email \_\_\_\_\_

Is designed to assist individuals to be aware of their physical, and mental well-being, along with personal growth, careers and citizenship. This form may be completed once each USWT year. Complete a minimum of 15 of the following items and submit online at [www.uswomenoftoday.org](http://www.uswomenoftoday.org). You may also mail to your state contact postmarked no later than May 1

- Have a physical exam
- Know your numbers (cholesterol, blood pressure, glucose, and body mass index)
- Have a dental exam
- Be a registered organ donor
- Have an eye exam
- Donate blood/plasma
- Certify in CPR or First Aid
- Check your medication, spice or food cabinet for outdated items and dispose of them properly
- Exercise a minimum of 3 times per week for one month
- Attend a seminar, health fair, or read an article on a health topic
- Keep a journal for 30 days logging your diet, time management, mood or exercise
- Visit a nursing home, hospital or shut in
- Complete a Speaking competition or Impromptu competition
- Present a 4 – 6 minutes speech
- Enter a writing competition
- Write an article for a chapter, district, state or national newsletter
- Write an essay or short story with 300 or more words, but less than 500 words
- Chair a project
- Participate in a leadership exercise
- Participate in a team-building exercise
- Participate in a chapter project
- Attend a state or United States Women of Today meeting
- Learn a new craft
- Learn a new recipe
- Read a book or listen to an audio book
- Update your will or review your financials
- Volunteer in another organization
- Interview a member of a different generation about changes they have seen in their lifespan
- Interview someone from a different culture or nation.
- Hold local, state or national office
- Other: \_\_\_\_\_