

Name:

Chapter:

Inland Section FBLA Workplace Wellness – Physical Wellbeing Template

Projects will only be graded if completed using this project template!

Advisers: Submit this form in PDF format to InlandWellness@cafbla.org by March 23, 2023

Directions: Please review the project guide on the CA FBLA website. Make a copy of this template, fully completing each section. Add/removes rows as necessary. Submit the completed project to your advisor no later than MARCH 23, 2023 in PDF format.

Contact me if you have any questions at dsung@cafbla.org!

MEDICAL	
Section/Activity Description (Copy & paste straight from the project)	Activity Log (Any test responses/pictures required by activities go here.)
Required	
Interview a doctor/physician's assistant/nurse practitioner regarding the value of an annual physical (Interview, 1/2 page report)	
Choose Two Options	

Section/Activity Description (Copy & paste straight from the project)	Activity Log (Any test responses/pictures required by activities go here.)
DENTAL	
Required	
Call a college and ask specific questions about the dental program. (Interview, 1/2 page report)	
Choose Two Options	

VISION/EYE SIGHT	
Section/Activity Description (Copy & paste straight from the project)	Activity Log (Any test responses/pictures required by activities go here.)
Required	
Research hazards related to visual safety and create a new product to solve one of these hazards. (Research, 1/2 page report)	
Choose Two Options	

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PHYSICAL ACTIVITY	
Section/Activity Description (Copy & paste straight from the project)	Activity Log (Any test responses/pictures required by activities go here.)
Required	
Participate in a cost-free sporting/physical activity in your local community. (Action, Pictures)	
Choose Two Options	

HEALTHY DIETS	
Section/Activity Description (Copy & paste straight from the project)	Activity Log (Any test responses/pictures required by activities go here.)
Required	
Interview a person who works regarding their personal challenges for eating healthy at work. (Interview, ½ page report)	
Choose Two Options	

MAKING PHYSICAL HEALT A HABIT	
Section/Activity Description (Copy & paste straight from the project)	Activity Log (Any test responses/pictures required by activities go here.)
Required	
Research the dangers of “processed foods”, write report. (Research, ½ page report)	
Choose Two Options	

WORKPLACE	
Section/Activity Description (Copy & paste straight from the project)	Activity Log (Any test responses/pictures required by activities go here.)
Required	

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Research the cost impact of poor physical health in the workplace, write report. (Research, ½ page report)	
Choose Two Options	

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