

LOCAL UNIT REPORT: How Healthy is Your Local Unit?

Local Unit Annual Report Form

Return to District Healthy Living Committee Chair by February 15

(Information to be gathered from January to December)



Local Unit _____ District _____

Local Unit Healthy Living Committee Chair _____

Phone _____ Email _____

Approximate Number of Members in your Local Unit _____ Date _____

Complete the following items about your local unit

_____ 1) Does your unit publicize health tips at every meeting/newsletters?

_____ 2) Does your unit include a program on health _____ ?

List program/speaker: _____

_____ 3) Does your unit provide health care materials/resources to members?

_____ 4) Does your unit follow "Guidelines for Healthy Meetings?"



_____ 5) Does your local unit encourage its members to exercise regularly?



_____ 6) Do you find the Healthy Living Committee Resource Guide helpful?



Comments : _____

Your feedback is appreciated!

District Healthy Living Chair, please include this form with your district report.