



United States Women of Today

Certification Wellness and Personal Development

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. 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 mammogram or pap test
- Be a registered organ donor
- Quit smoking or support someone who is
- Donate blood
- Certify in CPR or First Aid
- Check your medication cabinet for outdated items and dispose of them properly
- Update your medical history
- Keep a diary for at least one week
- 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, or hospital
- Complete an effective speaking or impromptu competition
- Present a 4-6-minute speech
- Enter a writing contest
- Write an article for a chapter, state, or national newsletter
- Write an essay or short story with 300 or more words but less than 500 words
- Write or update your resume
- Participate in a leadership exercise
- Participate in a teambuilding exercise
- Participate in a chapter project
- Attend a state or national meeting/convention
- Learn about what power of attorney, durable power of attorney, or guardianship is.
- Learn about the United States flag, the United States currency, or visit a US historical site
- Learn about the care of your vehicle
- Learn how a bill becomes a law or another aspect of the government
- Interview a member of an older generation about changes they have seen in their life spa
- Other _____