



2010 Wellness Program Documentation Form Submit a Healthy Recipe

The following is to document your submittal of a healthy recipe to be shared through the Premier Wellness Program. A healthy recipe is considered to be low in fat and calories. Final determination on whether your recipe qualifies and to be eligible for an incentive/prize will be made by the Premier Wellness Coordinator. A person can qualify for an incentive/prize with no more than two accepted recipes in the wellness year.

Employee Name (please print) _____

Name of Recipe _____

Either provide your recipe information in the space below or attach a copy with this form.

Signature _____ Date _____