

FITNESS & WELLNESS PLANNER

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MONTHLY CHECK-IN

MONTH: _____

HOW DID YOU DO THIS MONTH?

Date: ____/____/____

TODAY'S GOALS/FOCUS

TODAY'S MOTIVATION

WORKOUT TYPE

- ☐ YOGA/STRETCHING
- ☐ PILATES
- ☐ WALKING
- ☐ RUN
- ☐ CARDIO
- ☐ WEIGHTS

WORKOUT FOCUS

STEPS

CALORIES

MOOD

1 2 3 4 5 6 7 8

EMOTIONAL CHECK-IN

TODAY WAS:

NOTES:

TODAY'S WORKOUT WAS

1 2 3 4 5
OK THE BEST

SELF-CARE

- ☐ BIBLE STUDY/DEVOTION
- ☐ PRAYER TIME
- ☐ MEDITATION
- ☐ BREATHING EXERCISES
- ☐ READING

OR COMPLETE ANY CHALLENGES?

FOR:

STARTING WEIGHT _____
ENDING WEIGHT _____
CHEST _____
WAIST _____
RIGHT ARM _____
LEFT ARM _____
HIPS _____
RIGHT THIGH _____
LEFT THIGH _____
RIGHT CALF _____
LEFT CALF _____

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web get quick and easy access to all your benefit vendors for general benefit questions such as eligibility or enrollment call the jcpenny benefits center to speak with a benefits specialist

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web dear associates thank you for your hard work and commitment to jcpenny we have been in business since 1902 a lot has changed over that time but one thing that remains the same is the commitment to our core values of eating a work

environment with high cr ethical standards treating all associates with dignity respect

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web both jcpenny and a relative have an interest or could benefit the same goes for decisions involving organizations where your relative has a business or personal relationship if in doubt or you are concerned about a perceived conflict it is your responsibility to disclose such relationships no relative of a jcpenny associate in a

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web aug 3 2015 jc penny shorts the importance of employee handbooks by amy letke aug 3 2015 blog amy newbanks letke sphr gphr is the founder of integrity hr inc amy provides workplace solutions to improve performance reduce liability and increase profits she is passionate about helping other entrepreneurs and business owners

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web employee handbook receipt and acceptance i hereby acknowledge receipt of the company employee handbook i understand that it is my continuing responsibility to read and know its contents i understand and agree to abide by the policies set forth in the handbook i also understand and agree that the employee handbook is not an

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web ethics compliance ethical behavior is a vital part of jcpenny s values and our way of doing business how we conduct ourselves each day with associates customers stakeholders and vendors forms the basis of our reputation

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web the policies stated herein apply to all associates in the company its domestic subsidiaries and foreign subsidiaries to the extent permitted by law as well as to non jcpenny personnel including contractors consultants temporaries and other users all users are responsible for understanding these policies

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web our associates embody the jcpenny values of service passion energy inclusion and family in everything we do as a dedicated team of more than 50 000 people around the world our associates are the foundation of our success their passion energy and talent fuel our company s growth

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web the employee kiosk provides jcpenny workers with a safe method to access their paystubs manage their work schedules keep track of their staying vacation days examine the benefit programs they are signed up for and more

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web only associates are permitted to use the jcp associate kiosk login portal associates can learn a great deal about their history and current status at the company through the portal things like pay stubs vacation days sick days personal days paid time off incentives assigned tasks weekly schedules and more can all be found in one place

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web jcpenny associate kiosk is a site that allows employees to log in using their about the jcp associate kiosk is that the former employees of the associate jcp fa pdf employee handbook for jcpenny jcpennypowerline employee benefits login guide july 27th 2015 when sylva stoel a now former jcpenny employee showed up to work wearing

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web dear fellow associate on behalf of the senior management team we want to express our unwavering support for the ethical and business standards outlined in jcpenny s statement of business ethics the owners of jcpenny consisting of simon property group and brookfield asset management and our strategic partner authentic brands