Wellness Metrics

Dimension	Average Score	Action Plan
Happiness	< 2.5	PM to give a 15 mins break to allow members to rest and do whatever they want
	2.5 – 4	PM to start the meeting with anyone sharing a funny youtube video
	> 4	Proceed meeting as per normal
Health	< 2.5	Allow the ill member to go back and rest. PM to allocate half a day for member to recuperate
	2.5 – 4	PM to give a 15 mins break and Health-in-charge will get welfare for everyone.
	> 4	PM to remind everyone to drink more water and take care during this period of time, proceed meeting as per normal
Motivation	< 2.5	PM to end meeting 30 minutes before planned and go for lunch together
	2.5 – 4	PM to allow for casual chat during the meeting for approximately 10 minutes
	> 4	Proceed meeting as per normal

Point Calculation
Sum of all member's dimension score / Number of members

Iteration No	Date of Meeting	Happiness	Action to be Taken (Happiness)	Health	Action to be Taken (Health)	Motivation	Action to be Taken (Motivation)
3	7-Oct-13	4.2	Proceed meeting as per normal	4.56	PM to remind everyone to drink more water and take care during this period of time, proceed meeting as per normal	4.23	Proceed meeting as per normal
3	14-Oct-13	3.58	PM to start the meeting with anyone sharing a funny youtube video	4.2	PM to remind everyone to drink more water and take care during this period of time, proceed meeting as per normal	4	PM to allow for casual chat during the meeting for approximately 10 minutes
3	21-Oct-13	4.12	Proceed meeting as per normal	5	PM to remind everyone to drink more water and take care during this period of time, proceed meeting as per normal	3.2	PM to allow for casual chat during the meeting for approximately 10 minutes
3	28-Oct-13	4	PM to start the meeting with anyone sharing a funny youtube video	3.2	PM to give a 15 mins break and Health-in-charge will get welfare for everyone.	4.1	Proceed meeting as per normal
3	6-Nov-13	3.2	PM to start the meeting with anyone sharing a funny youtube video	4.3	PM to remind everyone to drink more water and take care during this period of time, proceed meeting as per normal	4	PM to allow for casual chat during the meeting for approximately 10 minutes
Total Points:		3.82		4.25		3.91	
5	13-Jan-14	5	Proceed meeting as per normal	4.3	PM to remind everyone to drink more water and take care during this period of time, proceed meeting as per normal	4.4	Proceed meeting as per normal
5	15-Jan-14	4.3	Proceed meeting as per normal	3.4	PM to give a 15 mins break and Health-in-charge will get welfare for everyone.	4	PM to allow for casual chat during the meeting for approximately 10 minutes
5	20-Jan-14	2.8	PM to start the meeting with anyone sharing a funny youtube video	2.2	Allow the ill member to go back and rest. PM to allocate half a day for member to recuperate	3.2	PM to allow for casual chat during the meeting for approximately 10 minutes
Total Points:		4.03		3.3		3.87	
6	22-Jan-14	3	PM to start the meeting with anyone sharing a funny youtube video	2.3	Allow the ill member to go back and rest. PM to allocate half a day for member to recuperate	4.1	Proceed meeting as per normal
6	27-Jan-14	3.2	PM to start the meeting with anyone sharing a funny youtube video	3.2	PM to give a 15 mins break and Health-in-charge will get welfare for everyone.	4	PM to allow for casual chat during the meeting for approximately 10 minutes
6	3-Feb-14	4	PM to start the meeting with anyone sharing a funny youtube video	3	PM to give a 15 mins break and Health-in-charge will get welfare for everyone.	4.5	Proceed meeting as per normal
Total Points:		3.40		2.83		4.20	