



DOING SHERIFF'S OFFICE PT?

GET 14 WELLNESS POINTS

**Complete TWO consecutive PT assessments
with POST Exit Standards and
get 14 wellness points!!!**

****Must Complete TWO consecutive sessions for points to be awarded.****

Complete the Biometric Test and Health Risk Assessment and successfully complete two PT assessments at POST Exit Standards, you'll have ALL of your wellness points for the year!

See https://media.rainpos.com/65/pt_challenge.pdf for more details!

Don't work in the Sheriff's Office and still want to successfully complete the PT test for 14 wellness points? No problem! You can test with them and earn your points!

