



Lake Sumter
State College

Wellness Plan

Release Time for Exercise ~ .5 hours of exercise up to 3x per week

Employee must establish a schedule using form below, along with approval and signature from supervisor. Departmental use only. Do not submit this form to HR.

Circle TERM: Fall Spring Summer **Start Date:** _____ **End Date:** _____

REVISIT EACH TERM

Supervisor's Printed Name

Approval/ Supervisor's Signature

Employee Name	Monday Release Time:	Tuesday Release Time:	Wednesday Release Time:	Thursday Release Time:	Friday Release Time:

