



**BAGUIO GENERAL HOSPITAL & MEDICAL CENTER
DEPARTMENT OF PEDIATRICS**




PPP: PHYSICAL FITNESS

ACCOMPLISHMENT REPORT 2016

Programs, activities or Project per Major Final Output	Time Frame	Target Indicator	Targets	Accomplishment	Budget utilized(itemized	Responsible Person
GET FIT BGHMC 2x a week exercise program lasting 1 hour	Daily January –December Every Tuesday and thursday	attendance of at least 50% (60 persons/month)of BGHMC Employees are encouraged to have exercised within the year	BGHMC Employees	Average of 20 persons/session attended the exercise activity totaling to 160 employees/month attendance	Sound system c/o BGHMC HIMS	Chairman PPP Exercise instructor
GET FIT CONTEST Each division are encouraged to join the exercise contest admin/finance/medical/nursing	HOSPITAL WEEK CELEBRATION- September 2016	Each division entered the exercise contest with unlimited number of entrees of the admin/finance/medical/nursing division	admin/finance/m edical/nursing employees	The 4 divisions using color coded tshirts represented by minimum of 30-50 employees participated in the 1 hour exercise showdown contest MEDICAL division as Grand champion and FINANCE as crowd Favorite consolation prize	Champion: P5,000.00 Crowd favorite: P3,000.00 Participants: bottled water 200pcs= P3,000.00 200 pcs apples= P4,000.00 Total P15,000.00	Chairman PPP Exercise instructor
TRAINING OF TRAINORS Interested representatives from each division will nominate an employee to undergo training to be an exercise guru	December 2016	Attendance of 30 employees as recruits	admin/finance/m edical/nursing employees	20 employees underwent training as exercise instructors for 2017	Bottled water 30 x P10 x 3 sessions x 5 days= P4,500.00 Lunch P50.00 x 30pax x 5days =P7,500.00 Snacks P50.00 x 30pax x 5days =P7,500.00	

					Total P 19,500.00	
--	--	--	--	--	-------------------	--

Prepared & submitted by: 
MARIA LOURDES M. TRAJANO, MD, FPPS
CHAIR, Physical fitness program


RAY P. SUANDING, MD, FPCP, FPCCP
Chief, Medical Professional Staff II



**BAGUIO GENERAL HOSPITAL & MEDICAL CENTER
DEPARTMENT OF PEDIATRICS**



PPP: PHYSICAL FITNESS

WORK AND FINANCIAL PLAN 2017

Programs, Activities or Projects per Major Final Output	Time Frame	Target Indicator	Targets					Resource Requirements			Responsible Person
			Q1	Q2	Q3	Q4	Total	Item/Qty	Cost	Type of Fund	
1	2	3	4					5	6	7	8
1. GET FIT BGHMC 5x a week exercise program lasting for 1 hour during weekdays	January – December	At least 50% (60 Persons/month) of BGHMC Employees are encouraged to have exercised within the year	30 Employees/ session would join the exercise	30 Employees/ session would join the exercise	30 Employees/ session would join the exercise	30 Employees/ session would join the exercise	360 employees month x12 months = 4,320	Tshirts Bottled water Tarpaulin Sound system	200 pcs x 100= P20,000.00 30pcs x 5 days/week x 4 weeks x 12 months= P7,200.00 50 x 3=150.00 Total: P34,550.00	GAA	Trainers trained last December 2016
2. BIGGEST LOSER CONTEST Help employees to lose weight or gain weight	DECEMBER	Participants gain weight of 0.5kilo/month or loss 1 kilo/month	3 contestants from each department (admin/finance/medical/nursing)	3 contestants from each department (admin/finance/medical/nursing)	3 contestants from each department (admin/finance/medical/nursing)	3 contestants from each department (admin/finance/medical/nursing)	12 Contestants	Prizes winners	1 st place- P12,000.00 2 nd place – P 10,000.00 3 rd place - P8,000.00 9 Consolation prizes P2,000.00 each =P 18,000.00	GAA	Chairman PPP

			rsing	nursing	nursing	g			Total P48,000.00		
3. GET FIT CONTEST	1 st week September	Each division will enter the exercise contest (admin/finance/medical/nursing)	-	-	Each division will enter the exercise contest (admin/finance/medical/nursing)	-	200 Participants	Prizes	Champion: P5,000.00 Crowd favorite: P3,000.00 Participants: bottled water 200pcs= P3,000.00 200 pcs apples= P4,000.00 Total P15,000.00	GAA	Chairman PPP

Prepared & submitted by:



MARIA LOURDES M. TRAJANO, MD, FPPS
CHAIR, Physical Fitness program



RAY P. SUANDING, MD, FPCP, FPCCP
Chief, Medical Professional Staff II