



Employee Wellness
Health Road Trip

2020 Minutes Challenge - July

Name: _____

Over the next four months, HealthTrip travelers are challenged to accumulation 2020 minutes of physical activity between April 1 - July 31. Track the total minutes you exercised during the month of April. You will start a new tracking sheet for each month of the challenge.

Remember to return all of your 2020 Mintues Challenge tracking sheets to wellness@weber.edu or MC 3501 by August 5, 2020 to earn an fantastic gym bag!

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	Total