

## **April Travel Log**

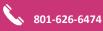
Name:

Time to hit the road toward optimum health! On your Travel Log, track your exercise minutes each day you complete the challenge.

## This month HealthTrip travelers are challenged to exercise at least 3 times a week and accumulate 150 minutes.

Remember to return your tracking sheet to <u>wellness@weber.edu</u> or MC 3501 by May 5, 2020 to be entered into a raffle.

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		Total



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