



Employee Wellness

Health Road Trip



Aerobiquerque

New Mexico



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 wellness@weber.edu 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