



Janaury Travel Log

Name: _____

Time to hit the road toward optimum health! On your Travel Log, check the box for each day you complete the challenge.

This month HealthTrip travelers are challenged to make half their grains whole grains each day.

Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by February 5, 2020 to be entered into a raffle.

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