



Employee Wellness

Health Road Trip



Haha Lulu

Hawaii



August 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 find their funny each day (jokes, movies, etc). Indicate below what you did for each day of the challenge.

Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by September 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	31	Total