



Employee Wellness

Health Road Trip



Heartford Connecticut



March 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 either eat health fats or perform one random act of kindness each day.

Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by April 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