



Employee Wellness
Health Road Trip



Las Vegas Veggies
Nevada



May 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 plate veggies-rich foods for at least one meal per day.

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