



Employee Wellness

# Health Road Trip



# Pressureburgh

Pennsylvania



## September 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 read the food labels of things they eat most often. Each day, choose one item to record the sodium content. Choose a new food each day.**

Remember to return your tracking sheet to [wellness@weber.edu](mailto:wellness@weber.edu) or MC 3501 by October 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 Days