



December 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 adopt one new sleep hygiene strategy each night.

Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by January 5, 2021 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 |
| | | | | | | | |