



Employee Wellness
Health Road Trip



Stretch Louis
Missouri



June 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 stretch for 5-10 minutes each day.

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