



Employee Wellness
Health Road Trip



Sweettattle
Washington



October 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 eliminate one source of added sugar each day.

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