

Position or Department \_\_\_\_\_

Name \_\_\_\_\_

<b>Month:</b>	<b>Workout/Activity</b>	<b>Time</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		
<b>10</b>		
<b>11</b>		
<b>12</b>		
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<b>14</b>		
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<b>16</b>		
<b>17</b>		
<b>18</b>		
<b>19</b>		
<b>20</b>		
<b>21</b>		
<b>22</b>		
<b>23</b>		
<b>24</b>		
<b>25</b>		
<b>26</b>		
<b>27</b>		
<b>28</b>		
<b>29</b>		
<b>30</b>		
	<b>Total =</b>	

Position or Department \_\_\_\_\_

Name \_\_\_\_\_

1. Wellness/Nutrition goal: **See email for current goal**

Dates	Goal 7days/week
1-7	
8-14 <sup>th</sup>	
15-21	
22-28	

(Add 60 minutes to your total time when you complete your goal weekly, 4 hours or 240 minutes max for the month.)

Optional Items to include

Make exercise fun and see how steps/miles you walk a month!

Total steps per month: \_\_\_\_\_

Average steps per day: \_\_\_\_\_

Average Steps per week: \_\_\_\_\_

Total miles walked/ran: \_\_\_\_\_