

Month: _____

Date	Activity Description	Minutes	Miles
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			
Totals			

Month: _____

Date	Activity Description	Minutes	Miles
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			
Totals			

Name: _____



JUST MOVE

ACTIVITY LOG

1

Log your activity and submit three consecutive months **online** and your efforts won't go unnoticed.

2

Keep logging your activity. At the end of each month submit your totals online at **employees.uhc.edu** to be eligible to participate in a

Personal Goal:

