

{HEALTHIER YOU²⁰¹²}

Weekly Log

FIRST NAME: _____ LAST NAME: _____

Week # __	Exercise Time (duration in 20 min increments)	Points (1 point for every 20 min of exercise)
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		

TOTAL ACTIVITY POINTS: _____

Check in Weight: _____

Weight loss points (5 per pound) will be added to activity points at the Healthier You 2012 Finale.

Days without Smoking _____

Weekly check-ins: Tuesdays, Wednesdays and Thursdays at the PWSCC Wellness Center. Check in between 5:30am and 8:00pm. We recommend (but do not require) that each week you check in on the same day. Each week you check in with Healthier You, your name will be entered into a weekly prize drawing.

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