Exercise Tracking Log

Name:_____

Month: _____

You must complete 12 workouts of 30 minutes or more per month to earn Wellness Points.

You can record only one workout per day. This can be done in three 10-minute, two 15-minute, or one 30-plus-minute session(s). Logs must be submitted monthly, but will be verified quarterly. Points will be awarded at the end of each quarter.

	Date	Type of Workout
1		
2		
3		
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20		

I hereby certify that this workout information is correct and accurate.

_____ _____

Signature of Participant Date

Please submit this log within 30 days of completion (i.e., submit May workout log by the end of June).

Fax to 513-852-3147 or Email to mikealbertleasing@trihealth.com

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