

LOG

PARTICIPANT NAME: _____

The Ten-Minute Challenge is a worksite wellness challenge that helps employees enhance their health 10 minutes at a time. Participants earn a point for each Ten-Minute Tip completed. Use the log below to record points earned.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Weekly Total									

TOTAL
CHALLENGE
POINTS