

LOG

PARTICIPANT NAME: _____

Solving the Puzzle of Moving More is a worksite wellness challenge that encourages employees to be physically active. Employees earn a point for each Weekly Activity Tip completed. Earn **10 bonus points** for correctly completing the crossword puzzle. Use the log below to record points earned.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Crossword Bonus Points								
TOTAL CHALLENGE POINTS								