

LOG

PARTICIPANT NAME: _____

The Scavenger Hunt is an eight-week program to discover community resources that you can use to eat healthier, be more physically active, quit tobacco or manage stress. Use the log below to record the resources that you find and those that you use.

Remember to share your ideas with the program coordinator at the end of the first, third, fifth and the seventh week.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
HUNT & SHARE	Use & Practice	HUNT & SHARE	Use & Practice	HUNT & SHARE	Use & Practice		