



# Home/Gym Workout Instructions and Tracking sheet

Earn an **Activity Plus** by working out at the gym or at home for 6 consecutive weeks sometime during the year. You must work out at least 2 times per week for at least 30 minutes. Record your time and activity below (30 min. cardio, 30 min. weights, etc.) and submit to your Wellness Plus administrator by the end of the year to earn your **Activity Plus**.

Employee Name \_\_\_\_\_

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____ to _____							
_____ to _____							
_____ to _____							
_____ to _____							
_____ to _____							
_____ to _____							