

Spring 2007 Log

<http://www.d.umn.edu/umdhr/wellness/spring2007/start.htm>

Name _____ Campus Ph _____ Email _____ Department _____ Campus Address _____

Keep track of your physical activity and 5 A Day fruits & vegetables consumption. Put an “x” for each day that you:

- did physical activity of 15 minutes or more
- ate five servings of fruits and vegetables

	Sun		Mon		Tue		Wed		Thu		Fri		Sat	
	Physical Activity	Fruits/ Vegetables	Physical Activity	Fruits/ Vegetables	Physical Activity	Fruits/ Vegetables	Physical Activity	Fruits/ Vegetables	Physical Activity	Fruits/ Vegetables	Physical Activity	Fruits/ Vegetables	Physical Activity	Fruits/ Vegetables
Mar									1		2		3	
	4		5		6		7		8		8		10	
	11		12		13		14		15		16		17	
	18		19		20		21		22		23		24	
	25		26		27		28		29		30		31	
Apr	1		2		3		4		5		6		7	
	8		9		10		11		12		13		14	
	15		16		17		18		19		20		21	
	22		23		24		25		26		27		28	
	29		30											

Employees that turn-in their log form by May 2, 2007 will have a choice to receive one of the gifts, while supplies last.

Please specify selection 1-6 in case the item selected is depleted.

- ___ Super marathon walker socks: ___ Small ___ Medium ___ Large
- ___ UMD HR Mug
- ___ "do" Water Bottle
- ___ UMD HR t-shirt: ___ Large or ___ Xlarge
- ___ Undated HealthCare-Toons Desk Calendar with daily Quests, Quotes, Jokes
- ___ 52 Pick Up Healthy Changes Cards