

# Wellness Works Exercise Log

Name \_\_\_\_\_

Circle one: Home Workout / ICC Fitness Center / Off Campus Health Club

20 session = 15 points / 35 sessions = 30 points / 50 sessions = 45 points

Date:	Type of Exercise <i>(i.e., walk, run, bike, weight train, aerobics etc....)</i>	Date:	Type of Exercise <i>(i.e., walk, run, bike, weight train, aerobics etc....)</i>
	1		31
	2		32
	3		33
	4		34
	5		<b>35</b>
	6		36
	7		37
	8		38
	9		39
	10		40
	11		41
	12		42
	13		43
	14		44
	15		45
	16		46
	17		47
	18		48
	19		49
	<b>20</b>		<b>50</b>
	21		51
	22		52
	23		53
	24		54
	25		55
	26		56
	27		57
	28		58
	29		59
	30		60

