

Employee Wellness Incentive Program Activity Log Sheet

Use this page to log your activity.

Name: _____ KVCC Extension: _____ Supervisor's Name: _____

	Date	Activity	Duration		Date	Activity	Duration
1				26			
2				27			
3				28			
4				29			
5				30			
6				31			
7				32			
8				33			
9				34			
10				35			
11				36			
12				37			
13				38			
14				39			
15				40			
16				41			
17				42			
18				43			
19				44			
20				45			
21				46			
22				47			
23				48			
24				49			
25				50			

When you have completed enough activities for either the 100 point gift choices or the 250 point day-off, please attach the appropriate log sheets and send them via campus mail to: Blake Glass, Wellness & Fitness Center.