



CITY OF SACRAMENTO WELLNESS 30 DAY CHALLENGE LOG SHEET

Instructions: Please use this log sheet to track the days you completed your 30 day challenge activity. Employees who complete 30 consecutive days (begin no later than **May 1, 2014**) sign your completed challenge form and then scan and submit your form to the City Wellness Champion at wellness@cityofsacramento.org no later than June 4, 2014 to be in the drawing for some great prizes.

Name: _____

Department: _____

MY CHALLENGE - I will

I certify I completed the 30 day challenge.

Signature

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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	31