Each box represents 30-minutes of exercise OR 15-miles. Please check a box for every 30-minutes of exercise completed. The box with the race flag does not have to be checked off. If you would like to keep tracking even after you have reached the 500-miles, start another log sheet. The member with the most miles wins a $5 Lean Bean gift certificate!

Name:_____

All boxes must be marked off to successfully complete the program. Completed log sheets must be returned to the Wellness Center by Tuesday, June 4th at 10pm.

☐ Please check if you are insured by JCH or a spouse of a JCH insured employee completing the program for the quarterly insurance requirement.