



## 2013-2014 Improve Physical Activity Log

Date: \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Employee ID: \_\_\_\_\_

Department: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Active for Month of: \_\_\_\_\_

Complete 15 sessions of at least 30 minutes each month to earn 75 points (300 point max)

	Date	Activity / Class	Total Duration (minutes)
1)			
2)			
3)			
4)			
5)			
6)			
7)			
8)			
9)			
10)			
11)			
12)			
13)			
14)			
15)			

I certify that the information provided on this log is accurate.

Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_

----- OR -----

Authorized Fitness Personnel Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Fax To: 713-837-9490

Attention: Wellness Connection

Office Location: 611 Walker, 4th floor, Houston, TX 77002

To get your wellness points, you must submit the completed form and supporting documentation to the Wellness Connection at 611 Walker, 4th floor, Houston, TX 77002 or fax to 713-837-9490, or scan & email to [wconnections@houstontx.gov](mailto:wconnections@houstontx.gov) by **March 31, 2014**. Please wait 4 weeks before checking on [www.houstontx.gov/ess](http://www.houstontx.gov/ess)