

# Solving the Puzzle of Moving More Log



Solving the Puzzle of Moving More is a worksite wellness challenge that encourages employees to be physically active. Employees earn a point for each Weekly Activity Tip completed. Earn **10 bonus points** for correctly completing the crossword puzzle. Use the log below to record points earned.

Participant Name: \_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1:								
Week 2								
Week 3								
Week 4								
Week 5								
								Crossword Bonus Points
								<b>TOTAL CHALLENGE POINTS</b>