

# Ten-Minute Challenge Log



The Ten-Minute Challenge is a worksite wellness challenge that helps employees enhance their health 10 minutes at a time. Participants earn a point for each Ten-Minute Tip completed. Use the log below to record points earned.

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

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	
<b>Monday</b>									
<b>Tuesday</b>									
<b>Wednesday</b>									
<b>Thursday</b>									
<b>Friday</b>									
<b>Saturday</b>									
<b>Sunday</b>									
<b>WEEKLY TOTAL</b>									<b>TOTAL CHALLENGE POINTS</b>