

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 |
| | | | | | | | | TOTAL CHALLENGE POINTS |