

Stress-Less Challenge Log



The Stress-Less Challenge is a worksite wellness activity that involves practicing and adopting a variety of strategies to reduce and manage stress. You earn points by practicing the weekly strategies. Refer to your participant instructions for an overview of the weekly strategies and how to earn points. Use the log below to record the points you earn.

Participant Name: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1:								
	Move More							
Week 2								
	Move More and Laugh A Little							
Week 3								
	Move More, Laugh A Little and Manage Money							
Week 4								
	Move More, Laugh A Little, Manage Money, and Make Yourself a Priority							
								Total Challenge Points: