












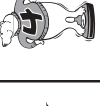











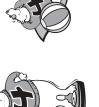



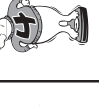















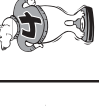











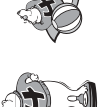



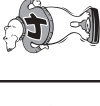








Log Form

Name: _____

To receive your official Health 4 the Holidays reward, return your completed log form on January 15, 2010

Key

			
Physical Activity	Healthy Eating	Weight Control	Stress Management

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total	
Week 1	 	 	 	 	 	 	 	 	<input type="text"/>
Week 2	 	 	 	 	 	 	 	 	<input type="text"/>
Week 3	 	 	 	 	 	 	 	 	<input type="text"/>
Week 4	 	 	 	 	 	 	 	 	<input type="text"/>
								Grand Total	<input type="text"/>