JUST MOVE

APRIL			MAY			JUNE			JULY			AUGUST			SEPTEMBER		
DATE	MINS.	MILES	DATE	MINS.	MILES	DATE	MINS.	MILES	DATE	MINS.	MILES	DATE	MINS.	MILES	DATE	MINS.	MILES
TOTAL			TOTAL			TOTAL			TOTAL			TOTAL			TOTAL		

Print Name

Whatever motivates you, the most important thing is to get going and make physical activity part of your life at work and at home.

Log your monthly activity and submit a copy of your log on the last work day of the month to:
worklife@uconn.edu
or fax to 486-0406
or drop off at Human Resources, Attention Work/Life.

All monthly entries received will be eligible to participate in a monthly drawing for a door prize.

University of Connecticut