HUMBOLDT COUNTY WELLNESS PROGRAM

HUMBOLDT HEALTH SENSE – COMMIT TO BE HEALTHY

PERSONAL GOAL OR CHALLENGE LOG

Log your personal goals and challenges

Make your goals and challenges a "challenge" for you!

Medical: Lose Weight, Lower Cholesterol, Lower Blood Pressure, etc. (confer with PCP, if needed)
Physical: Examples are - # of workouts, stairs, steps or miles logged in each quarter.

Turn it in at the end of each quarter (August, November, February and May).

GOAL:_____

ACTIVITY	DATE	TIME/DISTANCE