

# LOG

PARTICIPANT NAME: \_\_\_\_\_

The Manage Stress 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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							
<b>TOTAL CHALLENGE POINTS</b>								