



2010 MONTHLY ACTIVITY LOG

Activity log must be received by the 5th of the following month
(captures prior month's activity - see schedule below)

Name: _____
Supervisor: _____

Phone: _____

Requirements to qualify for Essent wellness incentives:

- 1) Activity must be a minimum of **20 minutes, 20 times per month (Gold Level)** or **15 times per month (Silver Level)** or **12 times per month (Bronze Level)**
- 2) Activities must be a type traditionally recognized as improving/maintaining health or be approved by the Wellness Champion or personal Physician as appropriate for the individual. (*Submit Physician approval to HR*)
- 3) You must complete your annual personal health questionnaire at www.essentialcaremd.com

Activity Log Submission Schedule 2010:

Time Captured	Log Deadline	Time Captured	Log Deadline
1/1/10 to 1/31/10	5-Feb	7/1/10 to 7/31/10	5-Aug
2/1/10 to 2/28/10	5-Mar	8/1/10 to 8/31/10	5-Sep
3/1/10 to 3/31/10	5-Apr	9/1/10 to 9/30/10	5-Oct
4/1/10 to 4/30/10	5-May	10/1/09 to 10/31/09	5-Nov
5/1/10 to 5/31/10	5-Jun	11/1/10 to 11/30/10	5-Dec
6/1/10 to 6/30/10	5-Jul		

Month	Day	Brief Description	Time		Total
			From	To	
<i>Example</i>	1/1/2010	walked the dog	5:30	5:50	0:20
Session 1					0:00
Session 2					0:00
Session 3					0:00
Session 4					0:00
Session 5					0:00
Session 6					0:00
Session 7					0:00
Session 8					0:00
Session 9					0:00
Session 10					0:00
Session 11					0:00
Session 12					0:00
Session 13					0:00
Session 14					0:00
Session 15					0:00
Session 16					0:00
Session 17					0:00
Session 18					0:00
Session 19					0:00
Session 20					0:00
Monthly Total					0:00

I certify that the above information is truthful.

Signature: _____ Date submitted: _____
 Process: Save, Print a copy, Sign and date, and Submit to HR by Deadline date

**Note: Late logs WILL NOT BE ACCEPTED. Employees who fall out of program may re-enter upon qualifying the following month.*

PLEASE CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.