**USD 434 EMPLOYEE** 

**“ON-YOUR-OWN”**

**ACTIVITY SUBMISSION**

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| **DATE** | **ACTIVITY**  (WALKING, RUNNING, ETC) | **TIME OF WORKOUT**  (ex 30 minutes) |
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\* Activity must be for a minimum of 30 minutes.

\* 12 sessions in a 1 calendar month period = 1 wellness activity credit

Note: Working out more than 12 times during a month does not earn additional credits.

Employee Name (Printed):

Building:

Please return to Trisha Graham, Kristy Markham, Dusty Rolla or Sarah Dehn by the **15th of the following month** to receive credit for activity completed!!!!