HSA Lifestyle Log

Cochise County Health Savings Account Lifestyle Log

email to:WellnessHSA@cctbenefits.org each week to earn a contribution to your HSA - $100 per Quarter

Employee Name _____ Week Ending _____

My Fitness/Wellness Goal _____

Performance Worksheet

	Activity and Active Minutes	# Glasses of Water	3-5 servings of Fruits and Vegetables	0-2 servings of Alcohol	# Hours of Sleep	Tobacco Free (Yes/No)	Took prescribed medicine (Yes/No)	Yoga Meditation Relaxation	Read a Book Magazine/Newspaper (Yes/No)
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									