

## 2015 Activity Tracking Sheet

The below log is for tracking your activities related to the Wellness Benefit. This log is for your own tracking purposes. You do not need to submit this form to Cigna.

- **For Fitness Activities:**
  - You must participate in the activity you are submitting for at least 2 times per week for 10 out of 20 weeks.
- **For Exercise Classes and Workshops:**
  - For classes/workshops that have a fixed start and end date, you must attend at least 75% of the classes/workshops. For ongoing classes/workshops, you must attend at least 10 classes within a 20-week period.
- **Devices & Race Fees:**
  - You must exercise wearing your device or exercise as part of your training program for your race at least 2 times per week for 10 out of 20 weeks.

Record dates at the beginning of each week here		DAY 1	Day 2
		Activity	Activity
Week 1	/ /		
Week 2	/ /		
Week 3	/ /		
Week 4	/ /		
Week 5	/ /		
Week 6	/ /		
Week 7	/ /		
Week 8	/ /		
Week 9	/ /		
Week 10	/ /		
Week 11	/ /		
Week 12	/ /		
Week 13	/ /		
Week 14	/ /		
Week 15	/ /		
Week 16	/ /		
Week 17	/ /		
Week 18	/ /		
Week 19	/ /		
Week 20	/ /		

*Always consult a physician before beginning any new exercise program.*