Health Yourself Fitness Class Tracker

Name_____

Department _____

Attend 4 fitness classes in a month to earn 10 Health Yourself points.

Attend 8 or more fitness classes in a month to earn 20 Health Yourself points.

Have your fitness instructor date and sign off on each class you attend and return this form to Jess Brown by the end of May.

Name of class	Location	Instructor's signature	Date