

Cochise County Health Savings Account Lifestyle Log

email to: Dominique_Heidt@ajg.com each week to earn a contribution to your HSA - \$100 per Quarter Maximum

Name: _____

Week Ending: _____

My Fitness/Wellness Goal: _____

	Activity and Active Minutes	# Glasses of Water	3-5 servings of Fruits and Vegetables	0-2 servings of Alcohol	# Hours of Sleep	Tobacco Free	Took prescribed medicine (Yes/No)	Yoga, Meditation or Relaxation	Read a Book, Magazine or Newspaper
Example	30 minutes of walking/jogging	8	Apple, Spinach Salad, Strawberries	yes	7	yes	yes	deep breathing	newspaper
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									