

Exercise for Excellence

Please enter the date of your workouts below (one workout per day).



Exercise for Excellence is part of the GHC-SCW Wellness Reimbursement Program. Members must work out a minimum of 120 times within a calendar year at a fitness center or health club to apply for reimbursement.



Use this form to track your workouts by writing the date of each workout on the lines provided.

For example: January 1, 2017.



 **Group Health Cooperative**

of South Central Wisconsin

ghcsw.com

BETTER TOGETHER™

1	41	81
2	42	82
3	43	83
4	44	84
5	45	85
6	46	86
7	47	87
8	48	88
9	49	89
10	50	90
11	51	91
12	52	92
13	53	93
14	54	94
15	55	95
16	56	96
17	57	97
18	58	98
19	59	99
20	60	100
21	61	101
22	62	102
23	63	103
24	64	104
25	65	105
26	66	106
27	67	107
28	68	108
29	69	109
30	70	110
31	71	111
32	72	112
33	73	113
34	74	114
35	75	115
36	76	116
37	77	117
38	78	118
39	79	119
40	80	120