

Harker School Wellness Program / Food Log Name\_\_\_\_\_ Week of \_\_\_\_\_

To earn 20 points for Nutritional Education, read “My Plate,” “Food Rules“ or “Just Enough for You” and log the food you eat for 4 weeks. Submit one log for each week tracked. You may continue to log your food after the initial period without any additional reading for 10 points per 4 week period (complete 4 separate pages of this form). “My Plate” and “Just enough for you” are on the portal and “Food Rules” can be checked out from HR (Max of 100 points in this category in an Annual Qualifying Period) **Annual Qualifying Period = December 1<sup>st</sup> through November 30<sup>th</sup> of the following calendar year.**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

Signature\_\_\_\_\_ Date\_\_\_\_\_

I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness reward. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness discount.

**Logs are due to HR within 30 days of the month tracked. Logs for November are due to HR by December 5<sup>th</sup>. Forms may be submitted via, email: [hr@harker.org](mailto:hr@harker.org) , fax: 408-553-5774, or inter-office mail to HR at Union.**