



Physical Activity Tracker



Use this form to keep track of your daily number of pedometer steps OR minutes of physical activity. Report your pedometer steps OR minutes of physical activity each week on the Physical Activity Tracker at www.wellness.ri.gov. Or, if the computer is not for you, track your weekly pedometer steps OR minutes of physical activity on this form and submit it to UnitedHealthcare by **October 30, 2009**.

Name: (Please print)	Date of Birth:
UHC Subscriber/Member ID:	Measurement: <input type="checkbox"/> Steps <input type="checkbox"/> Minutes

	Week 1 Sept 14 - Sept 20	Week 2 Sept 21 - Sept 27	Week 3 Sept 28 - Oct 4	Week 4 Oct 5 - Oct 11	Week 5 Oct 12 - Oct 18
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Totals					

Mail completed form to:

Linda Lynch
 UnitedHealthcare
 475 Kilvert Street
 Warwick, RI 02886



Or fax completed form to:

Linda Lynch at UnitedHealthcare at 401-732-7211