



DAILY SAVING ACTIVITY TRACKER

Use this tracker to record your daily saving activities. These activities include packing a lunch for work instead of eating out, skipping your morning drink at the coffee shop, walking or biking to work instead of driving, or anything else that enables you to avoid an expense that has become common for you. You will keep this tracker for your records only. You do not need to submit to Employee Wellness.

WEEK 1

DAY 1	
Day 2	
Day 3	

WEEK 2

DAY 1	
Day 2	
Day 3	

WEEK 3

DAY 1	
Day 2	
Day 3	

WEEK 4

DAY 1	
Day 2	
Day 3	

