



## 10-Day COVID-19 Health Log

Throughout the 10 days prior to your Amor trip, all participants are required to complete a 10-day COVID-19 Health Log. If you answer “yes” to any of these questions, please notify your group leader and consult your doctor for trip clearance.

Question	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Do you have a fever (100.4 or greater)? (Y/N)										
Do you have a new or worsening cough today? (Y/N)										
Do you have any of these other symptoms? (Y/N)										
Shortness of breath or difficulty breathing										
Fatigue										
Muscle or body aches										
Headache										
New loss of taste or smell										
Sore throat										
Congestion or runny nose										
Nausea or vomiting										
Diarrhea										

### Before Your Trip—Negative COVID-19 Test Result

Along with this 10-Day COVID-19 Health Log, you are also required to **provide proof of a negative COVID-19 test within 5 days of your trip start date.**

This must be verified by your group leader.

*If you are coming on an Amor 3 Day Trip or Family Camp, this log and your negative test result must be submitted to Amor.*

Your Name: \_\_\_\_\_