



5-Day COVID-19 Health Log

Throughout the 5 days prior to your Amor trip, all participants are required to complete a 5-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
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 5-Day COVID-19 Health Log, you are also required to **provide proof of a negative COVID-19 test within 3 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: _____